



## Communicating with Parents/Carers Policy

In general, everything you discuss with your psychologist is confidential. This is an important part of our job and we are not allowed to discuss your individual situation with anyone (See Confidentiality Policy for more details).

We do have some responsibility, however, when we are working with young people to communicate with parents and carers to support healthy, open and honest communication. At times this can be a difficult balance, however we will always put the needs of the young person first.

Each therapist will have their own approach when it comes to including parents and carers in therapy. Some may insist on parent involvement from the outset, others may prefer to work only with the young person unless parent input is requested, however most will have a flexible approach that aims to balance the developmental needs of the young person, the presenting issues and the desires of parents and carers to be involved.

In some cases family therapy may be required or the parent or carer may be requested to access therapy of their own to assist in supporting the young person through a difficult time. We will openly discuss this with family members or carers if required.

As a specialist youth provider that aims to be inclusive of young people and their support networks, we follow the guidelines below:

- Clients aged 12-16: we will liaise with your parents. We will set an agreed timeframe for talking to them and always let you know what we are going to say.
- Clients aged 16-18: we will only speak to your parents/carers in your presence. We will make this clear to all parents on referral.
- 18+: we will only liaise with care givers with your express written permission.