

Family First Counseling, PLLC

Brandi Chiarello, MS, LPC

17440 Dallas Pkwy. Ste. 216 Dallas, TX 75287 · (469) 321-6006 ·

brandi@family-1st-counseling.com

Child Counseling/Play Therapy Logistics

For play therapy, sometimes it may be necessary to end the session early depending upon the following circumstances: the condition or cleanliness of the playroom, the child's ability to leave when the session is over, a situation where play therapy could no longer continue (e.g., child gets sick, child breaks several toys, child chooses to leave and not return, etc.), and the need for a parent consultation. Because the session may need to end early at times, please be sure to remain in the waiting room for most of the session. If you leave the waiting area please let Brandi Chiarello know that you are leaving. Children in the playroom are not asked to clean the room following the session. The reason for this is as follows: If play is a child's language and toys are the child's words; having a child clean up the play room following the session would be analogous to asking the child to clean up his/her emotional world. It would be similar to having an adult take back everything he/she said at the end of the counseling session. This is a unique stipulation to play therapy—please know your counselor is not advocating this action for other circumstances—only play therapy.

When the child greets you in the waiting room following the counseling session, it is best not to ask several questions, such as “Did you have fun?” While playing is a natural, pleasurable activity for the child, children in play therapy are involved in playing out problems and emotional struggle and, therefore, at times “playing” may not be so enjoyable. Furthermore, when asked what the child did in play therapy, the child will typically respond, “I played.” This would be similar to asking an adult in counseling what he or she did in the session - “We talked.”

Before your child attends play therapy, please take him/her to the bathroom. Play therapy can often be very emotionally freeing, causing the child sometimes to have to use the bathroom during therapy. It is helpful if the child goes to the restroom before the session begins. Also, if your child is coming from school and is hungry, please give him/her a snack before therapy starts. Only in rare circumstances will food be provided for a child in play therapy. In such a situation, this will be discussed with the caregiver and added to the treatment plan. Please know that the playroom has a variety of media that can be messy (e.g., easel paints, water-color paints, Play-Doh, clay, water, sand, etc.). Please dress your child in clothes that can tolerate mess or possible stains should the child spill paint on him/her. Also, if your child is allergic to any substance that falls into this realm, it is your responsibility to let the play therapist know so that appropriate modifications can be made for your child.

Brandi Chiarello will meet with you to give feedback on your child periodically. During parent consultation sessions you and your counselor will discuss overall themes of your child's play. To better facilitate the play therapy process, please keep Brandi Chiarello informed of any significant changes in the child's life such as changes in family structure, new medications, new behavioral symptoms, and the child's progress at home.

Parent/Guardian Signature

Date

Brandi Chiarello, MS, LPC · (469) 321-6006 · brandi@family-1st-counseling.com

AGREEMENT FOR THERAPY WITH A MINOR

I, _____ and _____

- ⑥ Agree to receive therapeutic services provided by Brandi Chiarello, MS, LPC.
- ⑥ I have read, understood, and signed the informed consent related to my child’s therapy and I understand the risks and benefits of receiving these services and the risks and benefits of not receiving these services, for both this minor and his/her family.
- ⑥ Furthermore, as guardian, I understand that I am expected to be an active participant in this process by meeting with the therapist at least once per month.
- ⑥ I acknowledge that I have received and understand the Notice of Privacy Practices for this office.
- ⑥ My signature below means that I understand and agree with all of the points above.

Signature of parent/guardian Date

Signature of parent/guardian Date