



## Columbine Counseling Center

### **Therapeutic Parenting Time (TPT)**

#### **A Proactive Approach To Relationship Disruption in Families**

Therapeutic parenting time (TPT) is a proactive process which seeks to make each parent-child contact an opportunity to establish or re-establish a relationship, to resolve conflict, and build or rebuild a relationship. A family history is assessed by obtaining data from a variety of sources, i.e., family members, attorneys, or previous therapists. The child (or children) are seen individually to evaluate their sensitivities to the current family situation and assess their ability to benefit from TPT.

Parenting time is introduced gradually. The parent (or relative) and child are given the opportunity to establish a relationship in an environment where the child can feel safe and able to express their feelings. The custodial parent is kept fully apprised of the children's responses to TPT with the non-residential parent. After visits, follow-up sessions are held with the child and each parent separately in order to process their responses to TPT.

A primary goal of TPT is to develop the responsibility of each family member in supporting the child's right to have a healthy relationship with all members in their family system. It is assumed children have a right to come to know each of their parents whenever possible. They have a right to know that if bad things happened, people can change, resolve their differences, heal, and go on. While differences are not always resolvable, it is important for parent and child to have a chance to meet each other in a safe environment and discover for themselves what keeps the relationship at an impasse.

Should the parent/child relationship progress, the therapist gradually lessens involvement and moves parenting time toward more natural settings - public places such as restaurants, malls, and parks. Follow-up telephone calls and sessions are scheduled to assess the impact of unsupervised parenting time. Recommendations are made to the parents regarding the appropriateness of regularly scheduled, unsupervised parenting time, continued supervised time, or the cessation of parent/child contact, depending upon the outcome of TPT. Over time the parent/child relationship can be strengthened to the point where overnights, extended stays, and other parenting plan specifications are put into place.



# Columbine Counseling Center

## Therapeutic Parenting Time (TPT) CONTRACT FOR SERVICE

I have reviewed the **Therapeutic Parenting Time Agreement**, the **Client's Rights** (mandatory disclosure) document, Columbine Counseling Center **To Client** statement, **HIPPA Notice of Privacy Practices** and **Policy for Court Appearances** statement. I agree to adhere to the policies and procedures set forth in these documents.

I agree to pay my portion of the cost associated with the Therapeutic Parenting Time services. I further understand that I am responsible for \$\_\_\_\_\_ advance payment for services. This initial fee is non-refundable. I also understand that I will pay \_\_\_\_\_% on any additional fees when billed within ten (10) days of receipt of a bill. Services will be halted until fees are paid. Late payment will be assessed at 1 % per month charge. I understand the hourly rate of this service to be \$\_\_\_\_\_. Any additional agreements concerning finances will be made in writing.

**NOTE: Emergency and after hours services are not offered under this contract.**

\_\_\_\_\_  
Bill J. Fyfe, Ed.D.  
Psychologist

\_\_\_\_\_  
Date

\_\_\_\_\_  
Mother (or Guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Father (or Guardian)

\_\_\_\_\_  
Date