

## **Counselling With Children and Youth at KW Counselling Services**

*Here is some information that may help you in considering counselling with children and youth at KW Counselling Services. For details that may pertain to your own individual situation please speak with your counsellor or a KW Counselling Services supervisor. For more information on your eligibility for counselling, contact the Intake department.*

### **Family Therapy/Individual Therapy**

KW Counselling Services uses an Attachment Theory informed approach to counselling. This means that we very rarely see individuals under the age of twelve for counselling without one of their primary caregivers. For people age 12 to 15 we usually encourage at least some caregiver involvement in the counselling process.

### **Limits of services to families at KW Counselling Services**

- We do not proceed with counselling with children who do not wish to proceed with counselling
- We do not assess parenting capacity, nor provide opinions or recommendations about parenting capacity
- We do not make custody and access recommendations
- We do not provide family counselling to a parent and child(ren) where the parent does not have legal custody or is only granted supervised access without the custodial parent's permission
- We do not provide counselling with children with each of the parents separately (in cases where parents are separated)
- We do not provide Reunification Counselling (when a parent has been absent from a child's life for an extended period)

### **Special Considerations**

KW Counselling Services reserves the right to:

- continue, pause, discontinue or deny services based on a number of factors including: clinical considerations, best interest of the child/youth, safety and resource/funding availability.
- deny access to written records based on a number of factors including: privacy, best interest of the child/youth and safety.

In the case of separation and/or divorce, 'custodial parent' refers to a parent with full or joint legal custody of the child.

### **Who may *Consent to Counselling* for Children and Youth?**

<b>For children/youth . . .</b>	<b>Counselling may be initiated by . . .</b>
under the age of twelve	either custodial parent/guardian
aged twelve to fifteen	either custodial parent/guardian or the youth
aged sixteen and over	the youth

**NOTE: we do not proceed with counselling if a child, of any age, does not consent to the counselling.**

### Who Can Stop (*withdraw consent from*) Counselling?

<b>For children/youth . . .</b>	<b>Counselling can only be stopped by . . .</b>
under the age of twelve	the child or either custodial parent/guardian
aged twelve to fifteen	the child/youth or either custodial parent/guardian
aged sixteen and over	the youth

### Who Can *Make/Change/Cancel/Confirm* Appointments?

<b>For children/youth . . .</b>	<b>Appointments can be made/changed/cancelled or confirmed by the . . .</b>
under the age of twelve	parent(s)/guardians who are named on the file and participating in counselling
aged twelve to fifteen	person/people who are named on the file and participating in counselling or someone designated in writing by the person
aged sixteen and over	the person/people who are named on the file and participating in counselling or someone designated in writing by the person

### Who Can *Request Copies* of the Counselling Records?

The permission of all people aged twelve and over named on the file is needed in order for the file to be released. To request a copy of counselling records, ask Reception for a *Request for Records* form. It usually takes four weeks to process these requests. Proof of identity and proof of custody will be required to access information.

<b>For children/youth . . .</b>	<b>Copies of Counselling Records can be requested by . . .</b>
under the age of twelve	either custodial parent/guardian (limited information may be disclosed to a parent with access).
aged twelve and over	Each person on the file must give written permission for a file to be released. If this is not possible, only sections pertaining to the person requesting the file will be released. Only persons named on the file can give permission for the file to be released.