

Dear Parent(s), grandparent(s) and other guardians,

You play a pertinent role in your child/adolescent's treatment with me. Research and my experience have demonstrated that children and adolescents progress, in treatment, faster and with greater gains when their primary caregiver(s) are involved. Together, through our initial discussions and my professional assessment and recommendations, we will determine a plan of action specifically for your child, including a clear definition of your role in the treatment.

The following recommendations generally apply to most cases. Please let me know if you have any questions or concerns about any of these.

- Please come in to the office with your child/adolescent. I may be seeing your child individually, but contact with you makes a difference in providing accurate and comprehensive treatment.
- If you are unable to come in, please call me one to two days before your child/adolescent's appointment and leave me a voice mail message, or email me, with some information about how things have been going.
- If your child/adolescent doesn't seem to understand the reasons he or she is coming to see me, you can help by making comments like, *"that might be something you/we could discuss at your next appointment with Carol;"* or *"oh, that makes me think of what you/we are working on in counseling;"* or, *"let's be sure to ask the counselor about that."*
- If you are dropping your child/adolescent off and picking him/her up at the end of the session, and you are running late, please notify me. In most cases, I have flexibility to wait a few minutes, but there are times when I have a commitment away from the office and cannot wait.
- Please don't hesitate to ask me any questions that you have about your child/adolescent's treatment.

Sincerely,

Carol J. S. Nickerson, L.I.C.S.W., B.C.D.