

Dear Prospective Client,

I want you to know that it is my most sincere desire to provide for you and your family a safe, respectful and compassionate relationship within which to approach sensitive issues, explore possibilities, to find new solutions, and to heal.

It is my commitment to you that I will listen carefully to understand the feelings and perspectives of yourself and each member of your family, and in an unbiased manner, in efforts to promote the best relationship possible for your child with both parents. As your family therapist I will also work collaboratively with you and your family, as well as with the attorneys and other mental health professionals working in the best interests of your child, with the goal of providing coordinated, informed and competent treatment services.

(The parameters of collaboration with attorneys and other mental health professionals, and of confidentiality and privilege for the child and parents in the therapy process are detailed in my website, including in the Stipulation And Order For Counseling By A Mental Health Professional, which can be viewed/printed under the forms section.)

Please Visit My Website To View:

- Detailed Descriptions Of My Approach To Providing Services To Families Experiencing Divorce &/Or Custody Conflict
- All Stipulations & Orders, Consents & Agreements, Policies & Procedures, Intake Forms & Releases (Printable)
- Helpful Links & Resources

www.divorcefamilytherapy.com

I am an experienced and effective psychotherapist with 25 years experience working with children and families related to attachment, behavioral and psychiatric disorders. Over the past 10 years I have developed an expertise in Reunification Therapy and Family Systems Therapy with families experiencing divorce and custody conflict. My goal is to utilize the best practices and treatment strategies for helping families in efforts to promote the best relationship possible for the child with both parents. Whether working with an individual or the entire family, my approach is holistic and collaborative, facilitative, and strength-based with an emphasis on personal empowerment and responsibility.



I graduated from Chapman University in 1987 with a Bachelor's Degree in Psychology, and then from Pepperdine University in 1991 with a Masters Degree in Counseling Psychology. I have continued to earn extensive continuing education units (Please see CEUs on my website under "Therapist Profile") in the area of providing court-involved mental health services, including: court-involved psychotherapy for the family and individual child and parent embroiled in high conflict divorce and custody conflict; reunification therapy; custody evaluation; domestic violence; Parenting Plan Coordination (same as Special Mastering); and mediation.

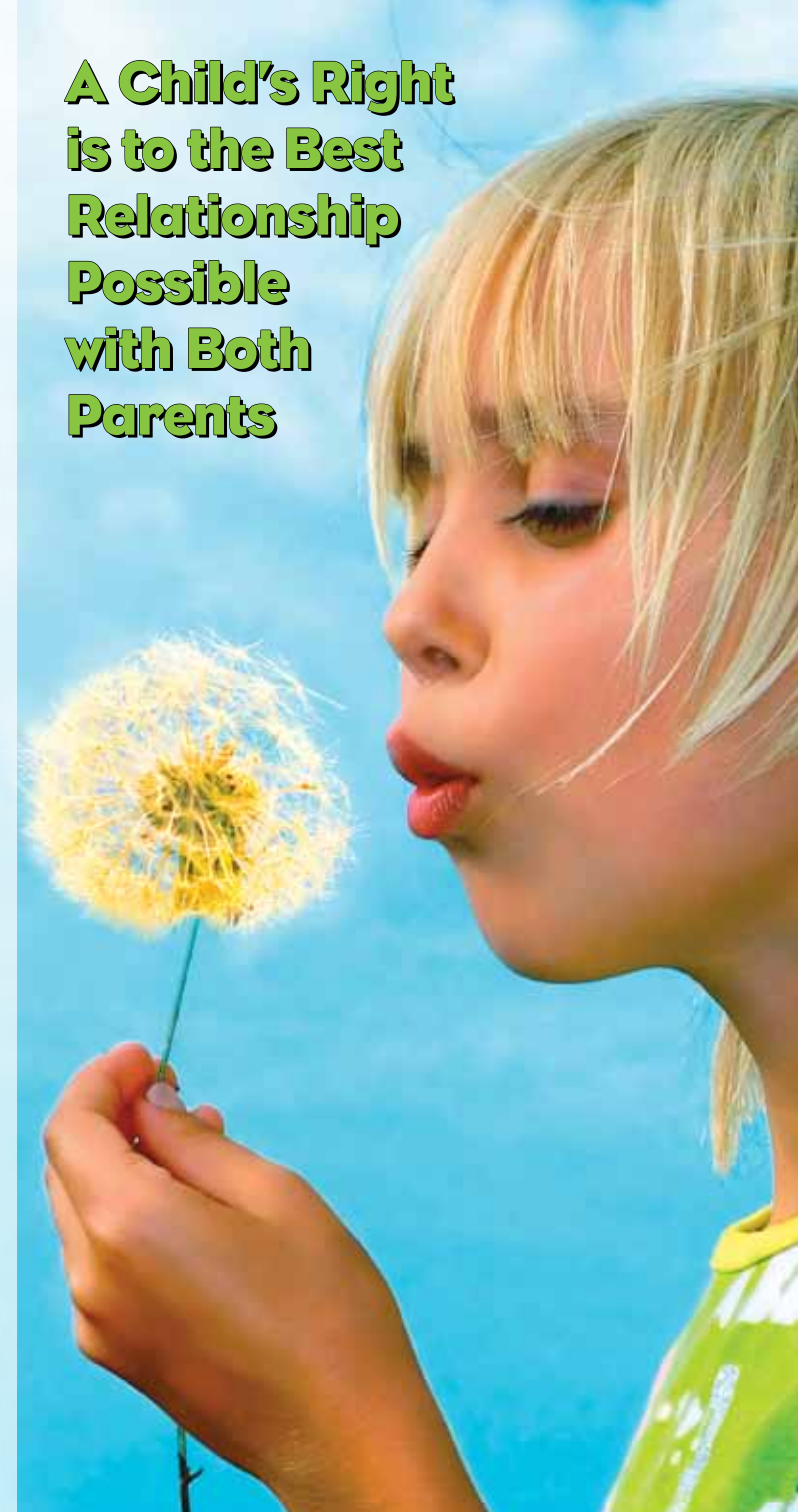
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*"We can do no great things
only small things with great love."*

- Mother Teresa

A Child's Right is to the Best Relationship Possible with Both Parents



North Orange County Court-Involved
& Collaborative Mental Health Services

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FAMILY SYSTEMS THERAPY:

The Foundation and Theoretical Orientation of My Services

- Family Systems Therapy provides a window into how the family functions as a whole and the role each family member plays in contributing to the conflict, as well as the resources each member contributes
- Subsequently, it allows for a more accurate and comprehensive assessment and, therefore, appropriate and effective therapeutic intervention than could be possible when family members are seen by only individual therapists, or when individual family members are left out of therapy
- The family rather than the individual is the client in Family Systems Therapy. The therapist does not advocate for any individual family member, but rather for the family as a whole with the child's needs and best interests as the guiding principle, and the understanding that the quality of the child's long term adjustment is most dependent upon the quality of adjustment of both parents
- Individual therapy for both the parent and the child has this same theoretical orientation, and the therapist continues to advocate for the family as a whole in the best interests of the child
- When working as the family therapist or parents-involved child therapist (verses individual therapist), collaborates with attorneys (3-way conference) and the other mental health professionals working with the family (California law protects the child's private communications--they remain confidential and privileged with the legal exception of the limits of confidentiality—see my website), and may play a case-management role to coordinate treatment if another professional is not already functioning within this role at the inception of family therapy
- Includes parallel parenting and co-parenting strategies, and divorce education utilizing the well developed and established program “Children in the Middle”
- (Therapy does not result in opinions, recommendations or conclusions involving shared parenting time, rather only in regards to assessment, observation and treatment recommendations)

With an experienced, neutral mental health professional working with the entire family, and collaboratively with the other professionals to coordinate treatment efforts, goals and objectives for family members and the family as a whole can be more effectively met than with individual or conjoint therapies alone, which can result in less emotional and financial cost. In this Family Systems Therapy model, the therapist is vigilant to avoid bias and advocacy for individual family members, and maintains a collaborative and child-focused position.

SERVICES

Family Systems Therapy
& Reunification Therapy

In-Home Parent Coaching
& Family Systems Therapy

Co-Parent Counseling

Divorce Education

Special Master
(Parenting Plan Coordinator)

Individual Therapy: Adult & Child

Collaborative Law: Child Specialist

Brief Focused Assessment

Custody Evaluation (730)

Divorce Recovery Group

Please visit my website for details of these services:

www.divorcefamilytherapy.com

