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CO-PARENTING CONTRACT

CO-PARENTING COACHING WILL COVER THE FOLLOWING:

- How parental conflict affects your children
- Manage volatile feelings which interfere with effective communication
- Form new working relationship with the child/ren's other parent
- Improve communication so that co-parenting is possible
- Understand different parenting styles and their effectiveness
- Understand pitfalls that prevent cooperative co-parenting
- Understand each child's particular needs

EXPECTATIONS OF PARTICIPATION IN THIS CO-PARENTING THERAPY:

- Commitment to the process by showing up at the given time
- Accountability for own behavior
- Participate with respect and good social manners
- Complete the "homework" and practice skills during the week
- Keep what goes on in co-parenting confidential and do not involve the children in what is said during co-parenting
- All communication between parties and co-parenting therapist will be via email and each parent will be cc: on the email

FINANCIAL EXPECTATIONS

- Honor the financial arrangement that is agreed upon
- Co-Parenting coaching is billed at \$150.00 per hour. The financial arrangements of who pays what must be decided prior to the sessions.
- I work off a retainer fee of \$750, giving you five sessions.
- Each parent must schedule their own individual intake and pay for that separately from the \$750 retainer. This intake may be one or two hours.

- All time spent on coaching is billable at \$150.00 such as memos, arranging meetings, communication outside of the sessions, and writing up new agreements, etc.
- If a meeting must be canceled, notify the other parent and therapist at least 48 hours prior to the scheduled meeting to avoid the session fee. Cancellation less than 48 hours will be billed at regular fee.
- If one parent must cancel, that parent is responsible for the fee.
- If one parent fails to show, that parent is responsible for payment.
- All fees will be paid prior to scheduling the next meeting.
- The co-parenting session will be a 50-minute session and will be conducted on zoom
- Co-parenting is not the place to change a custody order and the therapist will not make recommendations to do so. If parents reach an agreement, they must contact their attorneys or petition the court to make these agreements an order of the court.
- If you are participating in co-parent through a court order, the court may ask for a report about your participation and level of cooperation. By agreeing to participate in co-parenting coaching, you agree to such a court report. In this regard, co-parenting is not confidential.
- You may ask for other persons to participate in the co-parenting process, but both must agree to include others in the process or a session.

PROCESS:

- This therapist will meet individually with each parent prior to conjoint sessions
- If a custody evaluation or mediation report has been conducted, it is helpful to be able to review this document, but both parties must agree. The court may order that this evaluation be considered in co-parenting.
- Co-parenting guidelines will be discussed; what will and will not be discussed
- Co-parenting communication will be discussed: what will and will not be accepted as appropriate communication
- Forming a co-parent, businesslike relationship will be expected
- Setting an Agenda
- Homework: exercises of good parenting concepts, positive ways to communicate, ways to manage anger, etc. will be offered each week. Time will be spent on discusses these concepts.

- Goals of co-parenting will be self-measured.
- Non-compliance will be grounds for termination. If this is court ordered, a non-compliance report will be made.
- Parenting techniques for co-parenting will be discussed:

Parenting over the fence, long distance parenting, special needs of children, cooperative parenting, parallel parenting, child centered parenting, parenting goals, (what is it you want for your children)

ALL MEETINGS WILL BE ON ZOOM. IT IS USUAL TO PARTICIPATE IN 10 SESSIONS. MORE SESSIONS ARE AVAILABLE. SET TIME AND DAY WILL BE AGREED UPON. FIVE SESSIONS ARE SCHEDULED AT A TIME.

PLEASE FILL OUT THE INTAKE FORM ON THE NEXT PAGE.

INTAKE FOR CO-PARENTING COACHING

Name _____ Today' Date: _____

Address _____ Home phone _____

Work phone _____ E-mail _____

Age _____ Date of birth _____

Marital status _____ Educational level _____

Occupation _____

Emergency contact information

Name and contact information for your Attorney:

Name: _____

Phone # _____

NAMES AND AGE OF CHILDREN:

DATES OF PREVIOUS MEDIATIONS, EVALUATIONS, AND LAST COURT ORDER

WHAT IS THE PRESENT CUSTODY ORDER:

AREAS OF CONCERNS:

What issues/concerns are important to discuss in co-parent? Please describe.

What are your specific goals for co-parenting?

Do you have any concerns/fears about participating in this CO-PARENING PROGRAM?

Medical History

Have you ever been diagnosed with a serious illness? Please describe?

Have you ever been in a 12-step program? Dates?

Do you drink alcohol or do drugs? Explain how often and if it interferes with your daily living: _____

Have you ever been arrested? Give dates and charges:

Please describe your spiritual identity/orientation and practice.

FINANCIAL ARRANGEMENTS:

Prepayment is required to make an appointment. You may use Venmo, Zelle, or PayPal as forms of payment. If there is a charge for this service, you will be responsible for this charge.

CONSENT

I, _____, consent to participate in co-parenting therapy with Carol Fox, MFT, and consent to the previously stated expectations.

Signature

Date