



Center for Grief and Trauma Therapy

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Acknowledgement of Service Description: Consultation Services Program

Consultation is a clinical service that creates a professional relationship between the consultant and an adult client, a child's parent(s), a professional, or a professional team. A consultant gains a deep understanding of an individual or family's needs. The consultant then transfers skills, education, and advice to address those needs. Some examples of needs our consultants address include (but are not limited to): parenting support, adoption-competency, managing child behavior, disclosing difficult information to children, navigating open adoption, ethical adoption, parent-child and sibling relationships, genetic ancestry testing, navigating adoption reunion, childhood development, grief and loss, trauma, and identity development.

How Does Consultation Differ from Therapy?

Although our consultants are qualified therapists and bring their clinical knowledge, skills, and expertise into consultations, consultation is not therapy. Our program is not a replacement for therapy if/when therapy is needed. Therapists and consultants may work on similar needs and problems; however, their approaches are different. A therapist establishes a therapeutic relationship with a client and provides on-going treatment through therapeutic modalities. A consultant establishes a non-therapeutic relationship with a client and provides short-term support through case analysis, advice, education, and skill transfer (e.g., self-advocacy skills, parenting skills, etc.).

Can I Attend Therapy While Engaging in Consultation Services?

Yes! Consultation can complement other services you may receive from other professionals. For example, a consultant may work with a client who also sees a therapist to add an adoption-competent lens to their work. Please note, consultants cannot hold “dual roles.” This means that your consultant cannot also serve as your therapist or the therapist to any member of your family (nor vice versa).

Can you Meet With my Child?

No. Consultation services are provided to an adults-only.

Can I use Consultation for Legal Purposes or Documentation?

No. Our consultation program is not designed to provide opinions or documentation for legal purposes. Examples include, but are not limited to, court reports, disability letters, landlord letters for companion animals, assessments for custody disputes, or alternative opinions to school-aged diagnoses. Clients are strongly discouraged from having a consultant subpoenaed for legal cases as this is outside their role and function and will incur fees at a higher rate for all time spent on a case.

Are Consultation Services Long-Term?

No. Consultation services are based on specific goals that you and your consultant create together within a Consultation Plan. Consultation Plans are typically limited to 5 consultation sessions. This helps us ensure we distinguish between therapy services and consultation. However, this number may be increased by your consultant if your case is more complicated (i.e., your consultant needs to speak with several members of your child's IEP team). After 5 consultation sessions, the need for a plan extension or a new plan for new consultation goals will be discussed at your consultant's discretion.

How Often are Consultations Held?

Our clients typically meet with their consultant once per month. However, this may be adjusted by your consultant for more complex cases or if a time-sensitive follow-up is needed sooner.

How Much Does the Program Cost?

Consultations cost \$150 per 55-minute session. There are additional charges for other services you may need such as letter writing, preparation of consultation summaries, attending to emails that require a time-intensive read/response, reviewing records, and other activities. Consultation Program Services are not covered by insurance.

How do I Attend my Consultation Sessions?

Consultation sessions are held virtually through Zoom. Local clients may opt to meet with their consultant in-person if convenient.

Is the Consultation Service Program Right for Everyone?

All people of all backgrounds and walks of life are welcomed and embraced by our program. New clients are accepted on a limited basis when consultants have availability. Potential clients are pre-screened for their readiness to work through consultation and to determine that therapy is not more appropriate. A consultant may create a disclosure plan with parents who have not yet told their child(ren) that they are adopted or donor conceived. However, a consultant cannot ethically provide guidance to parents to support a child(ren) through adoption, donor conception, identity, trauma, or developmental issues if the child(ren) is unaware of their adoption or donor conceived status.

My signature indicates that I have read and acknowledge the program description of the Consultation Services Program. I agree that I understand the difference between consultation and therapy and how to appropriately utilize this service.

Client Name (please print): _____

Client Signature

Date

Consultant Signature

Date