Sanford Counseling, PLLC

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Hello!
Thank you for reaching out about coparenting counseling. Before we get started, I'd like to share a little information with you about how I do this work. Once you are familiar with my process, we can schedule an initial phone call where you can share with me a little history and we can begin.

Structure – Coparenting counseling will consist of a 12 week commitment with a progress review at 4 and 8 weeks. Counseling sessions will be held separately if needed for parent coaching or if clinically appropriate.

Session content - During each session, decisions will be made and these decisions will be emailed to both parents who will reply all to the email with confirmation that this was the decision made during the session.

Recommendations - While parenting time and decision making can be discussed, I cannot make recommendations to the court about these as they are solely in the judge's discretion. I can discuss options in our sessions that may help you make decisions together and avoid court.

Subpoenas- If I am subpoenaed to court, you will receive a separate court contract. You will also receive an invoice for the subpoena fee that is nonrefundable. The full amount of the court costs are due prior to the hearing and will be detailed in the court contract.

Fees - Sessions are held via telehealth. The first session is held separately so that I can hear a full history, ask questions, and gather information necessary to create a treatment plan. Sessions will usually be held jointly with both parents together. For these sessions, the fees are split between you equally unless the court has ordered a different arrangement. Sessions are $150 for the 45-minute session, so you will each receive an invoice for $75. I ask that a card be held on file and that you enroll in autopay.

Confidentiality - Confidentiality is limited, but I use discretion. This is a court ordered service and all information, verbal or written, may be subpoenaed. I require that consents are signed to release information to both attorneys, any therapists involved for you and your children, the Guardian ad litem, and for the other parent.

The next step is to schedule an initial phone call that should last approximately 15 minutes. You may go into the Client Portal to schedule this by selecting the Coparenting Initial Consultation.

Simple Practice Client Portal Link: https://amy-sanford.clientsecure.me