

Message to Inquiring Parent ©¹
Professional Association of Christian Counsellors of Alberta June 5, 2021

Dr. Jeff Chang (drjeffchang.webs.com)

Hi, Sally,

As we discussed on the phone today, I do see children whose parents are no longer together and who are not in agreement about certain aspects of child's care. When we spoke on the phone you had some questions about how I structure things. Here's what I do:

- I look at the child in the context of the family. I don't take the side of, or blame any individual in the family.
- I will be very clear with you about what I see going well – and not so well.
- Because I would be doing therapy, I am not permitted to recommend a specific parenting schedule. If I am ever called to court, I will only speak to what I have seen or heard directly and not offer any opinions. I don't take an advocacy position in court.
- Even though I take a family approach, I don't feel I have to get everyone in the same room. I think that children whose parents are separated or divorced do better when parents can make decisions together and communicate adequately, but that does not mean I force people to be in the same room when it's not going to work.
- I usually start by seeing each parent on their own before seeing the child.
- Then I often alternate seeing one parent with the child and the other parent with the child.
- I don't meet with parents together unless they are willing and able to do so.
- Both parents have equal opportunity to have appointments with me, and have the same access to file information about the child.

Please forward this e-mail to Sam and then copy it to me. I will be happy to answer any questions he might have as well.

As I stated, my fee is xxx/hour. If you want to know more about me, feel free to check out my website: drjeffchang.webs.com