

## BENJAMIN D. GARBER, PH.D.

PRACTICE IN CLINICAL CHILD, CONSULTING AND FORENSIC PSYCHOLOGY

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26 August, 2003

Mother (and her co-parent[s])  
Anywhere, New England

Father (and his co-parent[s])  
Somewhere Else, New England

Re: Beloved Child (dob: 00.00.0000)

Dear Ms. Mother and Mr. Father,

I am writing in order to follow up on our brief phone contacts earlier this week. My interest here is in prescribing the terms under which I will agree to serve as Beloved's outpatient psychotherapist.

Please read this letter through entirely, sign and return one copy directly to my attention signifying your agreement to these terms. Upon receipt of both of your agreements I will call in order to schedule the initial meeting as described below.

1. I am a New Hampshire licensed psychologist with a special interest in helping young children and their families through conflict and transition. I am not a lawyer, physician or state certified marital mediator. I welcome you to learn more about myself and my practice at [www.healthyparent.com](http://www.healthyparent.com).
2. The conditions of my work, of confidentiality and the legal limitations and liberties associated with this work are delineated in the NEW PATIENT FORMS available at [www.healthyparent.com](http://www.healthyparent.com). Please print these forms out, read them thoroughly, complete them including signatures where necessary and bring these to our first meeting.
3. In general, I prefer to work with conflicted parents in Directed Co-parenting Intervention to optimize caregiving than to work directly with a child as young as Beloved. Although circumstances prohibit this type of intervention at this time, I strongly recommend that you and your co-parents commence a comparable co-parenting intervention as soon as possible.
4. My interest in serving as Beloved's outpatient psychotherapist is in helping to meet her social and emotional needs. To this end, I will serve as her ally, not as ally to either of you. Please be aware that winning the trust and making substantive use of a psychotherapy with a child who is experiencing such significant life stress and conflict can be a difficult and time consuming process.
5. In order to maximize the potential of serving Beloved's needs, I must ask that:

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- (a) Neither of you disparage this therapy to or around Beloved at any time. Your active support of this therapy as a positive and healthy environment is critical to this process. Please bring any questions or concerns about this therapy directly to me.
  - (b) Neither of you withdraw Beloved from this psychotherapy unilaterally. The decision to terminate this therapy must be made mutually by the two of you or at my recommendation to the court.
  - (c) Both of you remain in close touch with me regarding Beloved's well-being and the progress of this psychotherapy. I prefer exchange via e-mail with copies to all parties for the sake of record keeping.
  - (d) Both of you authorize me in writing to openly exchange all information relevant to Beloved's well-being with the Guardian ad litem (GAL).
6. My purpose in providing this service is to meet Beloved's social and emotional needs, not to participate in any extant litigation. To this end, I will resist any effort to introduce this work into the legal process. Please recognize that introducing the content of this psychotherapy into litigation is very likely to compromise Beloved's trust and to potentially do her harm.
  7. I will not have an opinion regarding custody matters within the limits of safety.
  8. My time in conducting psychotherapy with Beloved will be charged at XXX dollars (\$XXX.00) per hour due in full at the time of service, inclusive of all time. I will ask that you negotiate any cost-sharing or insurance reimbursement independently and in advance of our meetings. Regarding insurance reimbursement, please see the appropriate page at [www.healthyparent.com](http://www.healthyparent.com).
  9. Should my work with Beloved be introduced into litigation in any way at any time, my time will be charged at YYY dollars (\$YYY.00) per hour, inclusive of all time, specifically as a disincentive. In this instance, I may require receipt of an advance retainer equal to the anticipated charges.
  10. Please be aware of the limitations of confidentiality in matters such as this: Among other reasons, concerns about safety, subpoena or court order mandates that I release information under the law.
  11. I will request receipt of all relevant paperwork, including but not limited to the past therapist's summary and/or evaluations, school and pediatrician records, the GAL's recommendations and the relevant court documents.
  12. If we are to proceed, I will request that we schedule the following meetings:
    - (a) An initial ninety (90) minute co-parents interview to include both of you and your respective co-parenting partners exclusively for the purpose of gathering necessary history. If you are not able or willing to meet together, I will conduct parallel meetings with each of you.
    - (b) Two individual meetings with Beloved in this office, accompanied by each of you on one occasion.
    - (c) One fifty (50) minute family observation in this office with each family unit.
    - (d) One co-parents follow-up meeting at which time I will summarize these preliminary observations and make recommendations about if and how we might proceed. Once again, if you are unable or unwilling to meet together, I will

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- recommend that you mutually allow me to prepare a written summary of these observations and recommendations.
13. Any continuing service from that point forward will be subject to our mutual discussion and to any further terms or limitations that may need to be established at that time.

Please don't hesitate to reach me with questions, concerns or comments. I very much look forward to working with you to help your daughter. I am,

Respectfully,

Benjamin D. Garber, Ph.D.

cc: ptfile  
GAL