

Dr. Lynelle C. Yingling, LMFT
J&L Human Systems Development
Specialized Services for Separated/Divorced Co-Parenting
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All *confidential conciliatory* services include the basic components of the **Collaborative Family Therapy model**. When extremely high conflict in the family occurs [such as verified family violence], the non-confidential litigation-based custody evaluation or social study service may be required.

- Distinctive characteristics of Collaborative Family Therapy:
 - Focuses on the needs of the child and the strengths of the family
 - Gives the child a voice through the therapist
 - Includes the entire family system in the process
- Techniques used are combined from Family Systems Therapy, Co-Parenting Education, and Relationship-Focused Family Mediation

Title of Service:	Collaborative Family Therapy	Collaborative Law Mental Health Family Specialist	Parenting Coordination
How Accessed:	<ul style="list-style-type: none"> ▪ Court order ▪ Voluntary request by parents/attorneys 	<ul style="list-style-type: none"> ▪ Attorney referral 	<ul style="list-style-type: none"> ▪ Court order by agreement or judicial decision
Statutory Authority:	<ul style="list-style-type: none"> ▪ TFC §153.010 	<ul style="list-style-type: none"> ▪ TFC §6.603 & TFC §153.0072 	<ul style="list-style-type: none"> ▪ TFC §153.601-611
Parent Conflict Level:	<ul style="list-style-type: none"> ▪ Low to High 	<ul style="list-style-type: none"> ▪ Low to High 	<ul style="list-style-type: none"> ▪ Moderate to High
Confidentiality:*	<ul style="list-style-type: none"> ▪ If court ordered, report compliance only to court 	<ul style="list-style-type: none"> ▪ By agreement, report to Collaborative Law Team 	<ul style="list-style-type: none"> ▪ Report compliance & recommendation for continuing service to court
Cost:	<ul style="list-style-type: none"> ▪ Self-pay with sliding scale ▪ May be covered by insurance for family therapy 	<ul style="list-style-type: none"> ▪ Self-pay with sliding scale ▪ May be covered by insurance for family therapy 	<ul style="list-style-type: none"> ▪ Self-pay with sliding scale ▪ May be covered by insurance for family therapy
Primary Focus Goals:	<ul style="list-style-type: none"> ▪ Keep focused on the needs of the child ▪ Empower parents to develop a parenting plan to meet the needs of the child 	<ul style="list-style-type: none"> ▪ Identify & resolve parenting conflicts which impede the Collaborative Law contracted process for parenting plan development / implementation 	<ul style="list-style-type: none"> ▪ Successfully implement / modify parenting plans ordered by the court

*Family violence is never confidential. Participants may sign a release of information to allow additional sharing of services content as appropriate in accordance with HIPAA, the Texas Mental Health Code, & AAMFT Code of Ethics guidelines. Communication with attorneys is generally released by client consent. Court-ordered services require compliance reporting.

PARENTING COORDINATION

WHAT IS THE SERVICE?

Parenting Coordination combines family therapy, parenting education, & mediation services for distressed or highly conflicted families having difficulties implementing an effective separated or divorced co-parenting plan. The focus is on understanding the needs of the child/ren. The role of the parenting coordinator is to serve as a problem-solving consultant & family functioning coach to facilitate necessary family system changes.

WHAT WILL THIS SERVICE DO?

- ❑ Take a thorough look at strengths and problems of the family system functioning, involving all family members age 6 and above;
- ❑ Provide child/ren a safe way to express their needs either directly to parents or through the therapist's voice;
- ❑ Help parents make informed decisions about what to include in a parenting plan they can make work to meet their child/ren's needs; and
- ❑ Coach parents to create a "next-step" plan with support resources needed to carry out the plan.

HOW WILL THIS SERVICE DO THESE THINGS?

1. For the first meeting of 2 hours, the entire family will consult with the family specialist to look at this family's strengths and problems. Family members will complete some written materials as well as review a graphic picture of the entire family system before talking about what this family does well and what problems the family is having trouble with now. Children above age 6 will be interviewed by the therapist.
2. Before the second meeting, each parent will spend approximately 1.5-2 hours reviewing a written handbook ["Co-Parenting Resources"] and a videotape ["Children: The Experts on Divorce"].
3. The parents will meet with the family specialist a second time for approximately 2.0-3.0 hours. In this coaching meeting, the parents will decide what

they need to do to improve their ability to coparent their child/ren in a way that meets the needs of the child/ren, and minimizes parental conflicts. Additional sessions will be scheduled as needed to resolve conflicts. Specific change goals and resources to help reach the goals will be identified.

WHAT ARE THE POSSIBLE OUTCOMES?

- Empower parents to plan their own lives and choose their own support services without giving up that power to the court, and all within a private process.
- Get the strengths and problems in the family clearly defined so parents can make a more informed decision about how to succeed in separated/divorced coparenting.
- Provide an individualized parent education program.
- Prepare for greater likelihood of success in compliance with an agreed court order.
- All family members talking together when highly conflicted may be stressful; the family specialist may decide the process is too stressful for this particular family at this particular time and stop/alter the process with appropriate referrals.
- Should a family member/s exhibit threatening and/or aggressive behavior toward one another, the family specialist who is committed to optimizing family functioning will work to preserve the safety and well being of each person.

WHO ARE THE FAMILY SPECIALISTS?

All are Licensed Marriage and Family Therapists [LMFTs] who specialize in developing, researching, and implementing innovative interventions to help parents learn to be successful co-parents though they are not married to each other. Family Therapists believe in families being able to learn effective communication skills and to reorganize the family system in ways that protect and nurture children.

Participating therapists are:

- ❑ Dr. Lynelle Yingling, LMFT, 972-771-9985; 972-772-3669 fax; 570 E. Quail Run Rd, Rockwall, TX 75087-7321
- ❑ Dr. Anne Ellis, LMFT, 214-363-2051; 214-363-4396 fax; 8401 N. Central Expressway, # 835, Dallas, TX 75225
- ❑ Gretchen Ferris, LMFT, 972-239-6312; 972-702-9428 fax; 12890 Hillcrest # 200, Dallas, TX 75230
- ❑ Dr. Ken Bateman, LMFT, 972-680-8986; 972-680-9216 fax; 1701 N. Collins Blvd, # 310, Richardson, TX 75080

WHAT WILL THE SERVICE COST?

Participating family therapists use a sliding fee schedule for the hours actually used, based on gross annual income. The total number of hours used are divided between the parents, and the sliding scale is applied to determine each parent's hourly fee.

Below \$25,000	= \$ 50 / hour
\$25,000 - \$49,999	= \$ 75 / hour
\$50,000 - \$74,999	= \$100 / hour
\$75,000 - \$99,999	= \$125 / hour
\$100,000-\$149,999	= \$150 / hour
\$150,000 & over	= \$200 / hour

If the therapist were to be subpoenaed for court testimony, the sliding scale hourly fee would apply to the parent issuing the subpoena for all time and cost involved, including preparation, travel, and wait time. A deposit of 4 hours would be required to be paid 24 hours before the hearing in order for the therapist's clients to be rescheduled.



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