

FAMILY THERAPY SERVICES

Reasons Clients Seek Professional Therapy Services

Family-related problems--

- Marital stress
- Sexual disorder
- Spousal abuse
- Divorce issues
- Co-Parenting after divorce/separation difficulties
- Parent-child conflict
- Child abuse: physical/sexual
- Extended family conflicts
- Chemical abuse impact on the family
- Medical/disability stress on the family
- Death in the family
- Relationship skill-building desires

Individual Symptoms--

- Anxiety
- Chemical abuse
- Child problems in school/home
- Depression
- Eating disorders
- Excessive grief
- Sexual abuse recovery struggles
- Suicidal thoughts/attempts
- Work-related stress

Therapy Services Offered to Alleviate Problems & Symptoms

Family Systems Therapy--

- Individual Therapy
- Play Therapy
- Marital Therapy
- Family Therapy
- Divorce Therapy & Education
- Collaborative Family Therapy:
 - Self/attorney referral
 - Collaborative Law agreement
 - Court-ordered Parenting Coordination

Beliefs about Human Systems.--Many serious problems face people today. Rather than assuming that problems result from the individual's inadequacy, I assume that problems result from a lack of **resources available to respond effectively to stress**, and thus solve problems. The best resource for relieving stress is a well organized family system where members communicate effectively to provide support for all members. Rather than trying to develop the individual's strength to withstand the stress of the symptoms, I try to help the family reorganize in a way that gets at the root of the difficulty. With the **enhanced organizational strength and communication skills in the family system**, members will be better able to work together to solve present and future problems.

The greatest stresses for families, and likelihood of problems, generally come at times in the life cycle where the number of people in the family changes:

- getting married,
- having the first child,
- saying goodbye to children leaving home, and
- adjusting to the death of a spouse.

When stressors such as premature death, divorce, or remarriage are added to the expected life cycle stressors, families often use professional services of a **Family Therapist** to access resources to manage the stress and eliminate symptoms. Adjusting to all these changes requires a great deal of adaptability. At the same time, the family needs to stay connected to support each other. Selected system restructuring and communication enhancing tools from Family Therapy and Family Mediation can help families get just the right balance of "bounce" with "glue" to make the necessary changes without losing important support.

Family Therapy Uniqueness.— Marriage and Family Therapy approaches differ from other approaches to counseling and therapy primarily in their importance put upon the family system functioning. Marriage and Family Therapists believe that many problems we face in our lives can be eliminated by changes made in the way families, substitute families, or organizational families work together to solve problems. *My role as a Family Therapist is to serve as a problem-solving consultant, using my knowledge of systems functioning to facilitate necessary system adjustments.*

Systems principles require assessing the way the whole family system functions as a team to provide support and problem-solving skills for each member of the system. If communication skills are weak, trust may not be solid. This lack of trust leaves members anxious about the stability of the family to be there when they need understanding and support. When people are anxious, they may hold that fear inside and become depressed. Or the fear may become overwhelming and result in anxiety disorders. *The solution must begin with each member learning to express their needs to other members of the family without attacking or deceiving.* As other members learn to really hear the needs and affirm that they have heard them, fear is replaced by trust and true support and problem solving can begin.

Financial Policies.--Dr. Yingling is a network provider for several insurance companies. All fees, including co-pays and deductibles are due and payable at the time services are provided. **A 24-hour notice is required for canceling an appointment without charge.**

If Dr. Yingling were to be subpoenaed for court testimony, the sliding fee schedule 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.

A sliding fee schedule is utilized for all services if not under an insurance contract, based on gross annual income.

below \$25,000 = \$ 50 / hour	\$100,000 - \$124,999 = \$150 / hour
\$25,000-\$49,999 = \$ 75 / hour	\$125,000 - \$149,999 = \$175 / hour
\$50,000-\$74,999 = \$100 / hour	\$150,000 & over = \$200 / hour
\$75,000-\$99,999 = \$125 / hour	

Confidentiality Policies.—Client information is kept confidential by Dr. Yingling in accordance with HIPAA regulations, the Texas Mental Health Code, and other federal/state regulations. Mental Health records are stored in locked cabinets, and contents are released only by (a) authorized consent of the clients included in the record, (b) safety risks which require protection from harm, or (c) order of the court. Insurance payment of fees requires some level of information sharing authorized by the client/s.

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