

How does supervised access and therapeutic supervision work?

Family Relationships in Transition gets referrals and requests for supervised access from lawyers, doctors, community agencies, mental health professionals and others. Parents also contact us directly.

We start by getting a clear understanding of the circumstances that led to the referral or to a parent contacting us. We gather as much information as possible by speaking with lawyers, meeting with each parent individually, meeting the child/children, and reading court related documents.

We then determine and agree to a length of time for supervised visits and the place where the child and parent will meet. This could be at the custodial home, in the home of the non-custodial parent, the home of an extended family member, in a community setting or at our office.



**Family
Relationships**
In Transition

We can help

If you are going through
a separation or a divorce
we can help:

- reduce parental conflict
- strengthen relationships between parents
- improve relationships with your child
- help your child adjust to loss
- create a successful blended family



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**Family
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**Supervised Access
and Therapeutic
Supervision**

What is supervised access and therapeutic supervision?

Supervised access and therapeutic supervision provide a neutral and child-focused environment for children to visit with their non-custodial parent.

There are number of circumstances when these types of visits may be appropriate, for example, when there are safety concerns for the child or when a parent has a drug or alcohol problem or a mental health issue. A lengthy separation between the parent and the child and risk of abduction are two other situations which may require supervised visits.

Supervised access provides a safe place for positive parenting in a neutral environment. A professional is available to ensure the child's safety.

Therapeutic supervision is similar but also provides an opportunity for a parent to work with a professional therapist while spending time with their child in a supervised setting.

The ultimate goal of both supervised access and therapeutic supervision is to improve parenting skills so that supervision is no longer required.

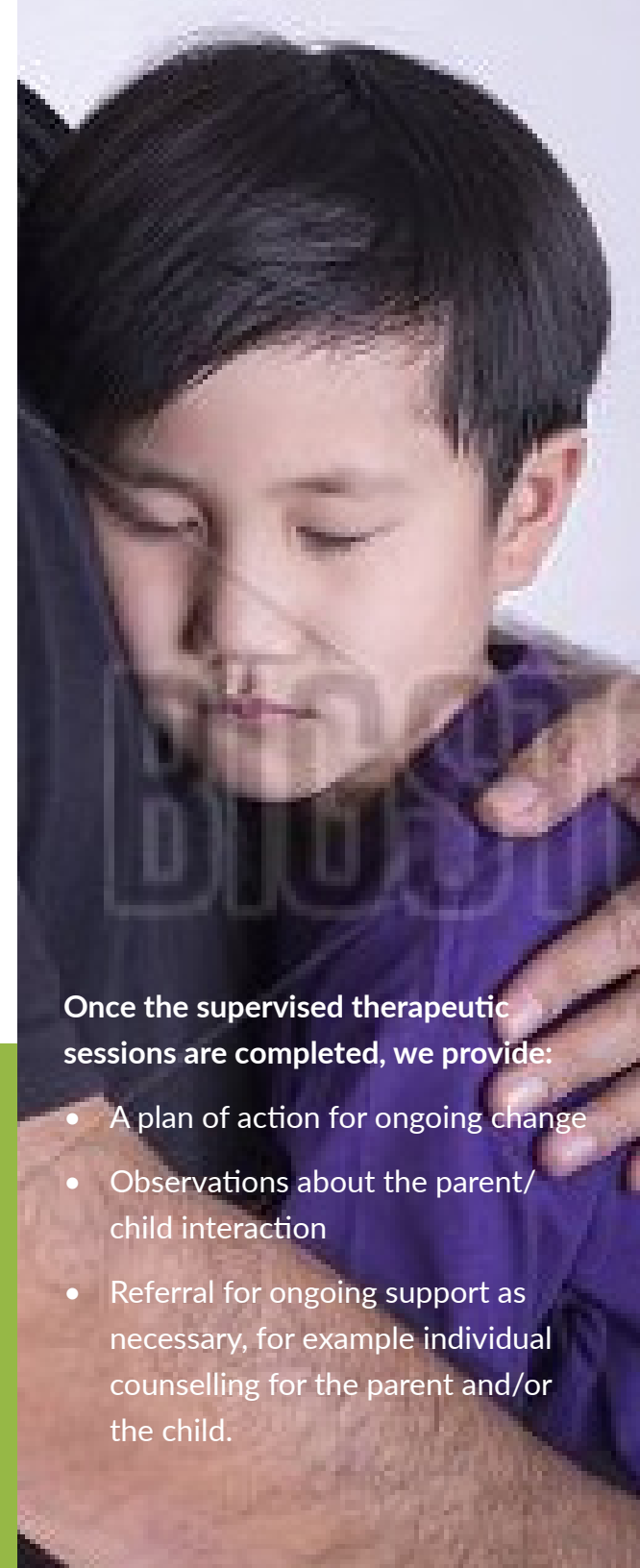
How are supervised visits arranged?

Both parents agree in advance to the type of supervision; either **supervised access** or **therapeutic supervision** and a contract is signed before sessions begin.

In the case of therapeutic supervision, a plan of action for change is also completed and agreed to. Depending on the type of support required, this may include the supervisor simply supporting the strengths of the parent, or modeling play and making suggestions for play and interaction. The supervisor becomes less involved and more of an observer as the relationship between the parent and the child improves and parental strengths are built.

We are flexible. We can provide supervised access during the week, weeknights and weekends, in the community or at our office. We work hard to ensure we meet your family's needs. For more information, please call our intake department

Phone: 647.559.0748



Once the supervised therapeutic sessions are completed, we provide:

- A plan of action for ongoing change
- Observations about the parent/child interaction
- Referral for ongoing support as necessary, for example individual counselling for the parent and/or the child.