



Dear Parent(s),

I want to sincerely thank you for trusting me to provide your family with freedom, support, and knowledge. I want you to know that I have the utmost respect for families willing to seek my services and take this work very seriously as it is my life's passion! I have been working closely with families and children ages 0-10 for over 7 years while simultaneously pursuing my education. I currently hold a Bachelor of Applied Science in Human Behaviour, with a course focus on child development and mental health, as well as a Graduate Certificate in Infant and Early Childhood Mental Health. I am also working toward my certification as a perinatal mental health professional [for more information visit the *Qualifications* tab of my website].

With this being said, as an Infant Mental Health Specialist, it is important for me to clearly outline my scope of practice and what I am and am not able to provide. As an IMH Specialist, I am able to provide basic assessment and screening for developmental, behavioural, and/or mental health concerns for children 0-5. This assessment is NOT a diagnostic tool, nor can I diagnose any disorders or provide 'treatment'. I am not trained or certified as a psychologist, psychotherapist, or psychiatrist. As an IMH Specialist, I am trained and able to provide support around: identifying areas of concern; monitoring progress and concerns; supporting areas of development and attachment (of concern or not); addressing challenging behaviours (not classified as disordered); healthy family dynamics; and counselling and communication services (not psychotherapy). As a perinatal mental health professional (not a psychologist, psychiatrist, or psychotherapist) I am able to provide support around identifying, managing, and seeking formal treatment for perinatal mood and anxiety disorders. While I aim to work from a trauma-informed perspective, promote resiliency, and am trained in supporting trauma disclosure, I am not trained in formally treating adult or child trauma.

All information shared is entirely confidential - except under 2 conditions - (1) the condition of having reasonable grounds to suspect that a child is in need of protection due to physical harm, neglect, or sexual abuse by a person having access to the child; and/or (2) admission of thoughts of intent to harm yourself or others. Your informed consent is important and can be withdrawn at any time. You do not have to share anything with me about yourself, your child, or your family, that you are not comfortable doing so.

Attached is a document outlining the consultation and service process. If you have any questions, concerns, or feedback, please do not hesitate to contact me!

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Allie Witek (she/her)  
B.A.Sc., IMH Specialist, PMH-C (candidate)

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## Consent Form

I/We understand Allie Witek's scope of practice concerning her services offered and what she is and is not qualified and legally able to provide, particularly in regards to diagnosis and treatment.

I/We understand that everything I/we choose to share is entirely confidential - except under the condition of having reasonable grounds to suspect that a child is in need of protection due to physical harm, neglect, or sexual abuse by a person having access to the child. I/We understand that we can withdraw consent at any point.

I/We are seeking Allie's support concerning our child/ren [include D.O.B.]:

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Parent (1)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent (2)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Allie Witek, B.A.Sc., IMH

\_\_\_\_\_ Date: \_\_\_\_\_



## Consultation & Service Process

In order to provide the most effective and efficient services unique to each child and family, my consultation and service process follows this general outline:

- 1. First consult: Getting to know your child and family**  
My role is to get to know you and your family, ask some questions, but first and foremost, to listen. Your role is to tell me as much as you're comfortable with regarding why you sought my support, any concerns you may have, your child's strengths, and your goals for your child. You can also ask me any questions you may have about my experience, education, training, or approach (you can ask these questions at any point!) From here I will be able to outline more detail for our next steps in supporting your family and child.
- 2. Investigating: Depending on the info gathered and learned in our first consult, investigation will look a little different for each family and child, but it is a process we work through together as no one knows your child better than you!**  
This is how we dig deeper and test hypotheses (explanations/interpretations/beliefs/guesses) we may have, and we'll look to established research and theory to support this. Investigating may include developmental screens, checklists, or assessments (such as the Ages and Stages Questionnaire) if that is something your family is interested in — I highly recommend this as it has little to no negative consequences and can be very effective in providing a more detailed picture of your child's abilities and areas of support or concern *\*these are not diagnostic tools\** Investigating may also include observation, behaviour tracking, and/or implementing basic tools or techniques and assessing their effectiveness.
- 3. Resources, tools, and referrals: The stuff you've been waiting for**  
Based on what we've learned through our investigation, I will provide research-based resources and tools specifically chosen for your child and family (this may include a Developmental Support Plan, research-based models and techniques, community resources, online resources and webinars, readings/workbooks). If developmental assessments indicate reason for further intervention and professional analysis, I will assist in the referral process, either independently or through your family doctor.
- 4. Support: Don't worry, I don't give you a bunch of info and leave you hanging!**  
I am here to support you through implementing and trying the different resources and tools I've provided in order to ensure your family and child are meeting the goals previously set out, particularly if we've decided to create a Developmental Support Plan. If next steps include a referral process, I am here to support you through that, including advocating for your family and child with your family doctor, specialists, or other developmental professionals, and implementing any at-home suggestions provided as part of a treatment plan.



## Investment

The first consult meeting is always free.

From there, depending on the goals and next steps we determine together, we will discuss investment in services. This is done on a family by family basis, but usually consists of an initial investment for the core services as well as a sliding-scale hourly rate for additional support.

These rates are based on my 7+ years of experience as well as my extensive education and training. I am more than happy to work with families to provide my services within their means, including payment plans or trading of services.

Payment can be made via cash or EMT. My services are not covered by any forms of insurance however invoices can be provided for tax purposes.

Please check the following which apply:

- I would like invoices for tax purposes
- I would like invoices (but will not be claiming these services)
- Talk to me about payment plans or trading of services

Additional comments, questions, or concerns:

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