



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 Your informed consent is important and can be withdrawn at any time.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!

—

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



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 conditions outlined. 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.]:

Parent (1)

Name: _____ Date: _____

Signature: _____

Parent (2)

Name: _____ Date: _____

Signature: _____

Allie Witek, B.A.Sc., IMH, PMH-C (candidate)

_____ Date: _____



Consultation & Service Process - PMH

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

- 1. First consult: Getting to know you and your 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 strengths and your goals. 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 the next steps in our support partnership together.
- 2. Initial meetings: This is where we start to dig into things a bit more.**
We'll discuss the levels of intervention accessible and what that process may look like for you, collaboratively identify goals and key areas of support needed, and identifying strengths and strategies that have worked previously.
- 3. Resources & tools & referrals: Finding the good stuff for you.**
Based on what we've learned through our initial meetings, I will provide research-based resources and tools specifically chosen for you and your family (this may include research-based models and techniques, community resources, online resources and webinars, readings/workbooks). If we've discussed further intervention, diagnosis and/or treatment, I will assist you through the referral process and be available to support and advocate for your wellbeing.
- 4. Ongoing Support: I'm here for you.**
In working toward the goals and key areas of support we've outlined, I will provide continued validation and support while learning and practicing the different tools and strategies. Through this process, we'll take note of both progress and roadblocks and collaborate on what is working, what isn't, what needs to change, or what's next.

A note about practitioner-client relationship:

I accept clients of all races, cultures, genders, sexual orientations, socioeconomic status, family dynamics and backgrounds. My work supports families in whatever form they come in. That being said, I still may not be the best practitioner *for you*. This process involves a lot of connection and vulnerability and it is absolutely ok if you find (at any point) that our relationship is not the right fit! I will not be offended. Please let me know as soon as possible so we can work to find you support with another practitioner who may be the right fit for you - my goal is to support parents, directly or not.



Perinatal Mental Health Support: Service Guide

I am here for you.

What exactly does that mean?

- 24/7 support that is nonjudgmental, validating, and provides a safe container in the moment (via text or possible mini sessions)
- Collaboratively working together to identify our goals and help find coping and support strategies that work for you and your family specifically
- Having a support member on your team to help you through the process of seeking formal treatment and implementing said treatment
- Frequent reminders of your worth as a parent (and partner, if applicable)
- A place to ask questions about your, your infant/child's, and family's mental health and wellbeing, knowing you will receive an evidence-based answer tailored to fit your family's circumstance and values

Optional additions:

- In-home support
- Walks or outings
- Embodied movement and mindfulness
- Attachment-focused interaction and bonding practices
- Developmental and/or behavioural assessment and support for infants and children [*this is a separate service with different rates*]

Topics you can discuss with me or text me about:

- Positives
- Negatives
- Fears
- Worries
- Concerns
- Curiosities
- Little wins
- Big wins
- Roadblocks
- Need for validation
- Intrusive thoughts
- Your family
- Your spouse/partner/co-parent
- Your children
- Your current or previous work
- Your hopes
- Your expectations
- Your goals
- Entirely random topics
- Absolutely anything



Investment

The first consult meeting is always free. The Initial Assessment & Service process is \$150.

One-on-one sessions are \$40-60/hr and in-home support is \$25-30/hr.

These rates are based on my 7+ years of experience as well as my extensive education and training.

All of my rates are sliding scale and invoice-specific (meaning you can choose your sliding scale rate for each invoice). Do not feel obligated to pay more than the lowest end of the scale. If these rates are not accessible at any point, please let me know and we can work to find what does.

I firmly believe that finances should not hinder your ability to get support.

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 more accessible rates

Additional comments, questions, or concerns:
