



Guidelines for When a Therapist is Seeing More Than One Family Member at a Time in Outpatient Treatment

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Psychotherapists shall carefully consider the potential conflict that may arise between the family unit(s) and each individual. Psychotherapists should clarify at the commencement of therapy which person or persons are clients, and the nature of the relationship(s) the therapist will have with each person involved in the treatment. The plan recommends that a therapist have individual sessions with one member only as an adjunct to family treatment, and ongoing individual therapy for more than one family member should not, as a rule be authorized. If multiple members of the family are in need of treatment, there should be a family therapist to treat the unit and individuals in the family in need of ongoing treatment should be referred to other Health Net behavioral health providers who should collaborate regularly with the designated primary therapist treating the family.