

[Date]

[Therapist Name]

[Clinic Name]

[Address]

[City, State, Zip]

RE: Referral for [Client Name]

Dear [Therapist Name],

I am writing to formally refer [Client Name] to your practice for therapeutic intervention. This case involves a high-conflict divorce/separation involving [Name of Co-parent].

The primary objectives for this referral include:

- De-escalation of interpersonal conflict and emotional regulation.
- Development of effective parallel parenting or co-parenting strategies.
- Processing trauma related to the dissolution of the relationship.
- Establishing healthy boundaries and communication protocols.

Current relevant factors include: [Briefly list relevant factors such as pending court dates, custody arrangements, or specific behavioral concerns].

Please note that this referral is for clinical treatment only and is not intended for forensic evaluation or custody recommendations. We are looking for a clinician experienced in high-conflict family dynamics who can remain neutral and focused on the client's psychological well-being.

The client has been provided with your contact information and will reach out to schedule an intake. Please let me know if you require any further documentation or a signed release of information to coordinate care.

Sincerely,

[Your Name]

[Your Title/Role]

[Your Contact Information]