3 Introduction

Decisions regarding parental responsibility and parenting time (in most states called child custody and visitation or access)¹ occur within several different legal contexts, including parental divorce; guardianship, neglect, or abuse proceedings; and termination of parental rights. The following guidelines were developed for psychologists conducting evaluations specifically within the context of legal disputes regarding parental responsibility and parenting time that occur in marital or relationship dissolution or its aftermath, or a dispute between two or more parties over parental time and responsibility. Examinations that occur in other contexts are not covered by these guidelines (e.g., child protection matters). In addition, a clear distinction should be drawn between the evaluations addressed in these guidelines and the advice and support proffered in the course of psychotherapy and counseling provided to families, children, and adults. These guidelines build upon the American Psychological Association's (APA) *Ethical Principles of Psychologists and Code of Conduct* (APA, 2002) and are aspirational in intent. As guidelines, they are not intended to be either mandatory or exhaustive. Their goal is to promote proficiency in using psychological expertise to conduct parenting time and responsibility evaluations.

Most states recognize some form of joint or shared parenting that apportions parental time and responsibility to provide frequent and continuing contact with both parents that would promote meaningful relationships. Additionally, it is no longer the default assumption that there will be a sole custodian and a visiting parent. In light of these facts, the authors of these guidelines have replaced the term "custody evaluation" with the term "parenting time and responsibility evaluations." It is recognized that in many jurisdictions

¹ Jurisdictions that have moved away from the terminology of custody and access or visitation to alternative language acknowledging the continuum of residential agreements and parental responsibilities. Terms such as "parenting," "parenting plan or time," or "parental rights and responsibilities" have replaced custody in a number of states (American Law Institute [ALI], 2000, pp. 131-132).

there may continue to be reference to child custody evaluation. Our goal is to reflect an important shift not only in name but also in how these assessments may be conceptualized. There is a sound empirical basis for attempting to decrease contentiousness in these proceedings. If the term "custody" has come to imply possession, ownership, or control in a way that conveys victory or power, while the terms "visitation" or "access" have come to be perceived as marginalizing the parent's importance in the child's life, then it is appropriate to consider a change of terms.

Parents share responsibility for decision-making regarding their child's upbringing, and they generally enjoy some share of the child's time. Children do not "visit" with one parent, as use of the term "visitation," implies; with most shared parenting arrangements, children spend time with both parents. The child may live part of the time in each parent's home, or may spend more time in one parent's home because it is in the child's best interests to do so. It does not follow that the parent then must be said to have "custody," although the term custody may indeed be used in the legal environment. These guidelines do not intend to re-define the nature of the evaluation that the court may request in order to aid in determining what sharing of responsibility and time is in the child's best interests, but rather refer to the evaluation by the term that most closely describes, in behavioral terms, the question posed to the examiner by the court.

In addition to this change in the range of outcomes following divorce, there have also been changes in the composition of the family unit. It is not always the case that disputes arise out of marital dissolution; conflict may arise when parents have never been married, and possibly have not lived together at all. There may be disputes when grandparents intervene for time when they have been primary caregivers or when they have had access curtailed following marital dissolution by divorce or death of a child's parent. Disputes may arise long after marital dissolution, and after years of successful co-parenting, when one parent seeks to relocate. For all of these reasons, the term "divorce proceedings" has been replaced with the term "disputes."

Parental divorce and other circumstances may require restructuring of parental rights and responsibilities in relation to children. If parents can agree to a restructuring arrangement, which they do in the overwhelming proportion (90%) of divorce custody cases (Melton, Petrila, Poythress, & Slobogin, 1997), there is no dispute for the court to decide. There are numerous ways that disputing parties might resolve questions of parenting responsibility and time, including counseling, consultation, mediation, alternative dispute resolution, collaborative divorce processes, conciliation models, and other forms of conflict resolution. However, if the parties are unable to reach such an agreement, the court must help to determine the relative allocation of decision making authority and physical contact each party will have with the child. The courts typically apply a "best interests of the child" standard in determining this restructuring of rights and responsibilities. Best interests may be defined statutorily, by case law, or not at all within a given jurisdiction. There is not a universally accepted definition of what constitutes a child's best interests (Reppucci, 1984).

Psychologists provide an important service to children and the courts by providing competent, objective, impartial information relevant to the best interests of the child. They do so by demonstrating a clear sense of direction and purpose in conducting evaluations; by performing their roles ethically; and by clarifying the nature and scope of the evaluation to all parties involved. Psychologists' involvement in these matters has at times raised questions in regard to the misuse of psychologists' influence and the role psychologists can or should play in such matters (Grisso, 1990, 2005; Krauss & Sales, 1999, 2000; Melton et al., 1997). Parenting time and responsibility evaluation in the context of litigation can be an extremely demanding task. For competing parents or other disputing parties, the stakes are high as they participate in a process fraught with tension and anxiety. The stress on the psychologist/evaluator can become great. Tension surrounding these evaluations can become further heightened when there are allegations of child abuse, neglect, or family violence.

Psychologists are in a position to make significant contributions to the court's task of apportioning parenting time and responsibility. Psychological data and expertise, gained through a competently conducted neutral evaluation, can provide information and perspectives not otherwise readily available to the court. This can result in the court making more informed decisions, which may be better ones, overall. Thus, when none of the alternative forms of conflict resolution have succeeded and the courts must resolve the issue these guidelines may assist psychologists in providing well-crafted evaluations. The guidelines address specific issues pertinent to the court's determination of the arrangement of parenting time and responsibility, consistent with the best interests of the child.

The term *guidelines* refers to statements that suggest or recommend specific professional behavior, endeavors, or conduct for psychologists. Guidelines differ from standards in that standards are mandatory and may be accompanied by an enforcement mechanism. Guidelines are aspirational in intent. They are intended to facilitate the continued systematic development of the profession and to help facilitate a high level of practice by psychologists. Guidelines are not intended to be mandatory or exhaustive and may not be applicable to every professional situation. They are not definitive and they are not intended to take precedence over the judgment of psychologists.

- I. Orienting Guidelines: Purpose of a Parenting Time and Responsibility Evaluation
- 1. The primary purpose of the evaluation is to assist in a determination of the best interests of the child.

Rationale. The extensive clinical training of psychologists equips them to investigate a broad range of conditions, statuses, and capacities. When conducting parenting time and responsibility evaluations, psychologists are encouraged to focus on those individual, family, cultural, and environmental factors that affect the best interests of the child, because the court will draw upon these considerations in order to reach its own conclusions.

Psychologists may also address additional questions that are raised by the court.

104 Application. Psychologists strive to identify the best interest and needs of the child. To this 105 end, psychologists in their evaluations work to include factors relevant to the family; the 106 child's educational, psychological, and medical needs; and the environmental context of the 107 child. 108 2. In the context of a parenting time and responsibility evaluation, the child's 109 interests and well-being are paramount. 110 Rationale. The legitimate personal concerns of adults who are competing for custody are 111 considered with an appropriate degree of respect and understanding; however, 112 psychologists are mindful that such concerns are ultimately secondary to the welfare of the 113 child whose upbringing may hinge upon the results of the evaluation. 114 Application. The establishment of appropriate goals, boundaries and procedures at the 115 onset may aid in setting the welfare of the child as the ultimate goal. Although competing 116 parents, as well as others, may work to have their concerns as the focal point, psychologists 117 strive to establish the needs of the child as the primary concern. For example, after one 118 parent limits another's access to the child for an extended period of time, the court may 119 consult a psychologist on restoring access. The psychologist may be aware that the parent 120 who has been refused contact yearns for immediate full access to the child, to make up for 121 lost time and to restore the relationship with the child. Nevertheless, the psychologist would 122 strive to remain focused upon the child's best interests rather than the parent's interests or 123 desires. The psychologist might evaluate issues surrounding renewed contact, including 124 whether the child would benefit from gradual or more immediate and full contact; the 125 impact of each parent's feelings on the child as the court's orders are implemented; and the 126 resources that might be used to facilitate the child's transition. 127 3. The focus of the evaluation is on parenting capacity, the psychological and 128 developmental needs of the child, and the resulting fit. 129 Rationale. From the court's perspective, the most valuable contributions of psychologists are 130 those that provide a clinically astute and scientifically sound approach to legally relevant

issues. Issues that are central to the court's ultimate decision-making obligations include parenting capacity, psychological and developmental needs of the child and the resulting fit. The training of psychologists provides them with unique skills and qualifications to address these issues. *Application*. Psychologists provide the court with information relevant to the court's effort to decide issues of parenting time and responsibility. That information tends to address the fit between parenting capacity and the psychological, developmental, medical, educational, and physical needs of the child. The focus is on the parenting figures' attributes, skills, and values as these may affect the child, rather than on a general clinical assessment of personality. Psychologists' goals are to assess the parenting figures' ability to meet the psychological and developmental needs of the child. A potential parent figure's clinical diagnosis of a major mood disorder, for example, is relevant only in terms of how it affects the parent's capacity to meet the child's needs. The psychologist might consider such issues as availability and use of effective treatment, augmentation of parenting capacity through use of attuned caregivers, and other factors that could affect the impact of the clinical condition on parenting.

II. General Guidelines: Preparing for a Parenting Time and Responsibility Evaluation

4. The role of the psychologist is that of an unbiased expert who strives to maintain an objective, impartial stance.

Rationale. Family law matters are typically characterized by complex and emotionally charged disputes, concerning highly personal matters, conducted between individuals who are deeply invested in a specific outcome. The volatility of this situation is often exacerbated by a growing realization that there may be no resolution that will completely satisfy each person involved. In such a contentious atmosphere, it is crucial that external recommendations be delivered from a perspective free of unwarranted bias or partiality. Application. Psychologists actively work to function as impartial evaluators by maintaining their neutrality throughout the parenting time and responsibility evaluation process.

Psychologists actively monitor their values, perceptions, and reactions and seek consultation or clarity of focus in the face of possible loss of neutrality and objectivity. Maintenance of boundaries, along with adherence to standard methods and procedures, may help psychologists be alert to variations that may signal loss of neutrality. Because bias can enter at any time in the evolution of an assessment, psychologists may be attuned not just at the outset but throughout the assessment to issues that call for reassessment of their neutrality and to any needed restoration of balance.

5. Psychologists involved in parenting time and responsibility evaluations gain and maintain specialized competence.

Rationale_ Psychologists continuously strive to augment, within the context of a life-long dedication to professional development, their existing skills and abilities. Laws change, existing methods are refined, and new techniques are identified. Parenting time and responsibility evaluations occur within an environment that imposes shifting demands upon individuals already subject to daunting financial, emotional, and other personal and interpersonal stressors. In this context, competence in performing psychological assessments of children, adults, and families is necessary but not sufficient.

Application. Although psychologists strive to acquire appropriate knowledge prior to conducting a parenting time and responsibility evaluation, and to be knowledgeable and competent in all related areas, this acquisition is never complete. Knowledge of child and family development, child and family psychopathology, the impact of divorce on children, and the specialized child custody literature is relevant to competent practice in this area. Psychologists strive to become familiar with applicable legal and regulatory standards, including laws governing divorce and custody adjudications in the relevant state or jurisdiction.

Psychologists use current knowledge of scientific and professional developments, consistent with accepted clinical and scientific standards, in selecting data collection methods and procedures. When using psychological tests and other assessment tools,

psychologists strive to adhere to the *Standards For Educational And Psychological Testing* (American Educational Research Association, American Psychological Association, & National Council on Measurement in Education, 1999). Realizing that competence is not a finite endpoint, psychologists strive to continue their professional development, consultation, and training within the child custody practice. In the event that complex issues arise beyond psychologists' scope of expertise, practitioners seek consultation and supervision from colleagues, supervisors, or relevant agencies and organizations to aid in the management of the complex issues.

In the course of conducting parenting time and responsibility evaluations, allegations of child abuse, neglect, family violence, or other issues may occur that are not necessarily within the scope of a particular evaluator's expertise. If this is so, the psychologist seeks additional consultation; supervision; or specialized knowledge, training, or experience in child abuse, neglect, and family violence to address these complex issues. Psychologists are appropriately familiar with state, provincial, and territorial laws and regulations pertaining to child abuse, neglect, and family violence, and act accordingly.

6. Psychologists strive to be aware of personal and societal biases and engage in nondiscriminatory, culturally informed practice.

Rationale. Professional standards and guidelines articulate the need for psychologists to be aware of their biases regarding age, gender, gender identity, race, ethnicity, national origin, religion, sexual orientation, disability status, language, culture, socioeconomic status, and reproductive technology (e.g., frozen embryos, oocyte donation, and artificial insemination). Biases in these areas may interfere with an objective evaluation and recommendations in parenting time and responsibility evaluations. Additionally, as stressed in professional standards and guidelines, competent psychologists are aware of the impact of these factors on the child's context and the methods used to conduct the evaluation.

Application. Psychologists strive to be aware of the impact of age, gender, gender identity, race, ethnicity, national origin, religion, sexual orientation, disability status, language,

culture, socioeconomic status, and advances in reproductive technology on their perceptions and on the child's life. Psychologists seek training, experience, consultation, or supervision to ensure adequate and current understanding of these influences. Psychologists strive to recognize biases and, if they cannot be overcome, consider withdrawing from the evaluation.

For example, a psychologist may be asked to evaluate a family comprised of a biological and a de facto parent who have both been parenting the child since birth and who have equal legal standing in the matter of parental decision-making and parenting time. The psychologist takes care to ensure that bias in favor of the biological connection does not influence data collection or interpretation. Additionally, when a psychologist is asked to evaluate a family whose ethnicity, religion, or other status is unfamiliar to the psychologist, the psychologist may seek consultation and may ask the family to help inform the psychologist how this status might influence the issues to be considered in the evaluation. If the psychologist finds that the lack of familiarity poses too great an obstacle to conducting a relevant and reliable evaluation, then it may be necessary to consider withdrawing.

7. Psychologists remain alert to situations in which multiple relationships with

participants of parenting responsibility evaluations when such relationships might impair objectivity, competence, or effectiveness.

Rationale. When performing a parenting time and responsibility evaluation, the role of the psychologist is to provide objective information and informed opinions to help the court render a decision about parenting responsibilities and planning. The presence of multiple relationships with participants of a parenting time and responsibility evaluation, including attorneys and judges, has the potential to impair the objectivity of the psychologist.

Additionally, as recognized in ethical standards and guidelines (Ethics Code 3.05), when psychologists engage in multiple relationships there is potential risk of exploitation or harm to the person with whom the professional relationship exists.

Application. Psychologists generally avoid conducting a parenting time and responsibility evaluation in cases in which they have served in a therapeutic role for the child or family, or have had other involvement that may compromise objectivity. This may not, however, preclude a treating psychologist from testifying in the case as a fact witness. A psychologist asked to testify regarding a therapy client who is involved in a child custody case may consider the limitations and possible biases inherent in such a role and the possible impact on the ongoing therapeutic relationship. Although the court may require the psychologist to testify regarding factual information emanating from a treatment relationship, this role is different from that of an expert witness who gives a professional opinion regarding parenting time and responsibility. These two roles may not be compatible.

In addition to the potential deleterious effects of conducting a parenting time and responsibility evaluation where there exists a prior professional relationship, psychologists are aware of the potential problems with conducting such evaluations with current clients or with whom a treatment relationship is anticipated. During the course of a parenting time and responsibility evaluation, psychologists generally refrain from providing other psychological services to any of the involved participants. Therapeutic contact with the child or involved participants following a parenting time and responsibility evaluation is undertaken with caution.

In some contexts (e.g., rural communities) it may not be possible to avoid multiple relationships between the psychologist and the participants of the evaluation, attorneys for the case, or the judge involved in the proceeding. It is important to disclose to relevant parties any relationships that might likely lead to impaired objectivity or decreased competence and effectiveness. Psychologists endeavor to inform relevant parties of the potential negative consequences of such multiple relationships and seek to minimize these consequences by either withdrawing or limiting the tasks they agree to undertake.

III. Procedural Guidelines: Conducting a Parenting Time and Responsibility

Evaluation

265 8. The scope of the evaluation is determined by the evaluator, based on the nature 266 of the referral question. 267 Rationale. The nature of the question or issue raised by the referring person or the court 268 helps determine the scope of the evaluation. Psychologists may acknowledge the referral 269 question and the issues inherent in the situation by articulating affirmatively the scope of 270 the evaluation. This reflects the reality that the scope of parenting evaluations will vary 271 according to the needs of the case and that courts and referring persons vary in the degree 272 that they specify the parameters of an evaluation. 273 Application. Before accepting the referral, psychologists seek, where necessary, to clarify 274 the questions being asked and to determine whether they will be able to provide an answer 275 or opinion. It may be useful to have the scope of the evaluation delineated in a court order 276 or in a signed stipulation with the interested parties and their attorneys. Although 277 comprehensive parenting time and responsibility evaluations generally require an evaluation 278 of all parents or guardians and children, as well as observations of interactions between 279 them, the scope of the assessment in a particular case may be limited to evaluating the 280 parental capacity of one parent without attempting to compare the parents or to make 281 recommendations. Likewise, the scope may be limited to evaluating the child, or 282 psychologists may be asked to critique the assumptions and methodology of the assessment 283 of another mental health professional. For example, a psychologist also might serve as an 284 expert witness in the area of child development, providing expertise to the court, without 285 relating it specifically to any of the parties involved in the case. 286 9. Psychologists remain aware of the process of informed consent as it applies to 287 all participants or their representatives, including notification of purpose of the 288 evaluation and the limits of confidentiality. 289 Rationale. Consistent with ethical standards and guidelines (Ethics Code 3.10 and 9.03), 290 psychologists seek to obtain informed consent prior to conducting an evaluation from all

participants or their representatives, including from those that provide collateral information (e.g., relatives, teachers, friends, and employers).

Informed consent may enable individuals to avoid unintended disclosures that could

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be damaging in other contexts. For persons who are legally incapable of giving informed consent or for whom the evaluation is legally mandated, consistent with ethical standards and guidelines, psychologists seek to provide an appropriate explanation and to gain the individual's assent. Application. In undertaking parenting time and responsibility evaluations, the psychologist seeks to ensure that each adult participant is aware of the purpose, nature, and method of the evaluation; who has requested the psychologist's services; who will be paying the fees, and the limits of confidentiality. Regarding the latter, the psychologist may inform participants that in consenting to the evaluation, they are consenting to disclosure of the evaluation's findings in the context of the forthcoming litigation and in any other proceedings deemed necessary by the courts. Efforts are made to use clear language and to provide sufficient opportunity for the individual to ask questions and receive answers. For children and those not capable of giving consent, psychologists strive to provide a clear explanation of the evaluation and the limits of confidentiality in language that reflects the individual's cognitive and developmental capabilities. Psychologists strive to inform individuals providing collateral information of the potential uses of the information that they are providing.

10. Psychologists seek to employ multiple methods of data gathering.

Rationale. Psychologists strive to use appropriate and accurate methods for addressing the questions raised in a specific parenting time and responsibility evaluation. The use of multiple methods of data gathering is intended to increase the reliability and validity of data obtained.

Application. Methods of data gathering may include, but are not limited to, clinical interviews, observation, collateral contacts, and psychological testing. In deciding whether

or not to employ a specific assessment instrument, psychologists are encouraged to consider its relevance to the purpose of the evaluation, its reliability and validity, and the availability of appropriate normative data.

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The psychologist may review potentially relevant reports (e.g., from schools, health care providers, child care providers, agencies, and institutions). Psychologists may also interview extended family, friends, and other individuals on occasions when the information is likely to be useful. Psychologists consider seeking corroboration of information gathered from third parties and strive to document the bases of their conclusions in their reports. 11. Psychologists consider the context in which parenting time and responsibility evaluations occur to ensure that assessment data are appropriately interpreted. Rationale. The context in which parenting time and responsibility evaluations occur may affect the behavior of persons from whom data are collected and so alter both interview and psychological test data. If the context is not taken into account erroneous conclusions potentially can be drawn. Applications. Psychologists consider the ways in which involvement in a custody dispute may impact the behavior of persons from whom data are collected. Psychologists are sensitive to contextual factors that may impact the accuracy of assessment data obtained in parenting time and responsibility evaluations. Psychologists base the opinions contained in their recommendations, reports, and diagnostic or evaluative statements, including forensic testimony, on information and techniques sufficient to substantiate their findings (See APA Ethics Code, 9.01(a) Bases for Assessments.) For example, psychologists might routinely acknowledge in reporting MMPI-2 results that in this context, validity scale interpretation takes into account research demonstrating that litigants in parenting evaluations have

12. Psychologists make evaluative statements about individuals only when they have obtained sufficient information and used appropriate techniques to substantiate such opinions.

increased elevations, and may even cite the relevant studies.

345 Rationale. Generally, psychologists provide opinions of the psychological characteristics of 346 individuals only after they have conducted an examination of the individuals. When direct 347 evaluation has not occurred, psychologists document the reasons, clarify the probable 348 impact of their limited information on the reliability and validity of their opinions, and 349 appropriately limit the nature and extent of their conclusions or recommendations (APA 350 Ethics Code 9.01). 351 Applications. Psychologists are often asked to render opinions about individuals seeking 352 parenting time and responsibility who are either unable or unwilling to participate in an 353 evaluation. The psychologist in this case would not have adequate information on which to 354 base an opinion. However, the psychologist may report, noting the source, what another 355 individual (such as the parent or child) who has been evaluated has stated. Similarly, the 356 psychologist may address theoretical issues or hypothetical questions, provided that the 357 limited basis of the information is acknowledged. 358 13. Recommendations, if any, are based on what is in the best interests of the 359 child. 360 Rationale. When making recommendations in parenting time and responsibility evaluations 361 psychologists provide information relevant to the prevailing legal standard—the best 362 interests of the child. 363 Applications. Recommendations are derived from sound psychological data and address the 364 best interests of the child in the particular case. When making recommendations, 365 psychologists guard against relying on their own biases or unsupported beliefs. 366 Recommendations are based on articulated assumptions, data, interpretations, and inferences consistent with established professional and scientific standards, as well as 367 368 available empirical research. 369 Although the profession has not reached consensus about whether psychologists

ought to make recommendations to the courts about the final custody determination (i.e.,

ultimate opinion testimony), psychologists strive to remain aware of the arguments on both

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372 sides of this issue (Bala, 2006; Erard, 2006; Grisso, 2003; Heilbrun, 2001; Tippins and 373 Wittman, 2006) and to be able to explain the logic of their position concerning their own 374 practice. 375 14. Psychologists create and maintain professional records in accordance with 376 ethical and legal obligations. 377 Rationale. Records are necessary in order to comply with the ethical standards and legal 378 and regulatory requirements. When working in a judicial forum, psychologists are typically 379 expected to preserve evidence that underlies opinions. This allows other parties (for 380 example, attorneys or other experts) to review the data so as to understand or challenge 381 the bases of the conclusions. Additionally, if a dispute is reopened at a later time, accurate 382 and comprehensive records of an earlier evaluation may facilitate the resolution of the later 383 conflict. 384 Application. All records obtained in the process of conducting a parenting time and 385 responsibility evaluation are properly maintained and filed in accord with the APA Record 386 Keeping Guidelines (APA, 2007) and relevant legal and regulatory requirements. Data and 387 interview information are recorded with an eye toward their possible review by other 388 professionals and the court. 389 390 **References and Pertinent Literature** 391 Ackerman, M., & Ackerman, M. (1997). Custody evaluation practices: A survey of 392 experienced professionals (Revisited). Professional Psychology: Research and 393 Practice, 28, 137-145. 394 Amato, P. R. (2000). The consequences of divorce for adults and children. Journal of 395 Marriage and the Family, 62, 1269-1287. 396 Amato, P. R., & Booth, A. (1996). A prospective study of divorce and parent-child 397 relationships. Journal of Marriage and the Family, 58, 356-365.

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