

"Should I Meet with My Estranged Child's Therapist??"

In general, I think this is a risky affair. When push comes to shove, your EC's therapist is their therapist and can only represent your needs and your perspectives so much.

All forms of family therapy carry some risk that one or more of the family members will, in some way, feel blamed by the therapist, misunderstood by them, or that the therapist is allied against them with the other family member. In addition, while all therapists are trained to be objective, if they've been hearing about how terrible you are for the past 5 years from your EC, then it's possible that some of that communication poisoned their well, no matter how objective or sensitive they imagine themselves to be.

In other words, your EC's therapist doesn't necessarily have your back in the same way that he or she has your child's back in a family therapy environment and-if push comes to shove-will probably ally with your child over you. Unless you have some strong reason to believe that the therapist will have a kindly, even-handed and unbiased approach to you in the family therapy, you're better off finding a therapist who is new to everyone.

That said, if the only way that your child will consider a reconciliation with you is for you to meet with his or therapist than you should probably do it.