

Understanding Couples Therapy

Couples Therapy starts with an assessment of the relationship past and present.

We understand that information discussed in couples therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners.

We agree not to subpoena the therapist to testify for or against either party or to provide records in a court action.

By entering into couples therapy we accept that we both understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful, in order to reach our goal.

We accept that such changes can have both negative and positive effects and agree to clarify and evaluate potential effects of changes before we undertake them.

There will be times when the therapist may appear on either person's side but is really on the side of the marriage.

Phone calls between sessions should be used for making appointments and emergencies. No emails.

If the relationship breaks up and either or both of us wish to re-contract with the therapist for individual counseling, the decision with whom to work is at the discretion of the therapist. In some circumstances a referral will be made.

If the therapist sees either member of the couple for an individual session as part of couple treatment, secrets will not be kept and the therapist reserves the right to pass on information that furthers therapeutic goals.

Since session time is limited to 55 minutes, try to be concise in presenting your thoughts and feelings.

Therapy works best with weekly sessions. We agree to attend all sessions, or reschedule unless there is a true emergency.

We agree to the above guidelines:

Name Date

Name Date