



PERMISSION FOR DIGITALLY RECORDING & VIDEOTAPING THERAPY SESSIONS

As a primary tool in Gottman Method Couples Therapy, and in order to augment your therapy work, I use videotape feedback as part of therapy sessions. This means that I may ask to videotape you during specific dialogues or exercises, or during entire sessions. We might play back these tapes in sessions to help you see patterns of behavior between the two of you and to help you process conflicts. By viewing the videotapes in sessions, it allows us to "stop action" and to process how you might approach a conflict in a more productive way. It also allows you to witness your progress as your relationship becomes more satisfying to you.

In addition to in-session use, I may wish to use the videotapes to receive consultation from Drs. John or Julie Gottman or an independent practicing clinician who has received training from The Gottman Institute, or to provide such training. This may occur during the time of treatment or thereafter for purposes of peer review, education and quality assurance. During this process, your name will be kept confidential. In addition, all matters discussed in consultations will remain completely confidential within the Gottman Institute staff. The videotapes are not part of your clinical record and will be used for no other purpose without your written permission and they will be erased when they are no longer needed for these purposes.

Client's Initials:

- I authorize video recording of my therapy session
- I *authorize* use of my video for training purposes knowing my identify is confidential
- I *decline* use of my video for training purposes

Client's Agreement

I understand and accept the conditions of this statement. I understand the videos are property of my therapist, Andrea Johnson LPC, NCC. I understand I may revoke or change my decision in writing at any time but until I do so it shall remain in full force and effect until the purposes stated above are completed.

Client Signature

Date

Therapist Signature

Date