# Counseling Agreement

I agree that I (or any agent on my behalf) will not provide records, or compel Great Plains Counseling Center to provide records, in connection with my counseling sessions, to any agent including but not exclusive to, attorneys in current or future divorce- or custody-related action or actions.

I have entered into this agreement because I am aware that the information from these sessions have a therapeutic, not legal, purpose and require an emotionally safe and confidential atmosphere to be present for optimal success in counseling. I will not use information from these sessions to cast a negative light on others involved in counseling with me, in between or after the sessions are completed. I understand that this agreement does not prohibit disclosure in the case of criminal offenses, including suspected child abuse or neglect, or potential harm to myself or others.

I also understand that, to foster a healthy and honest relationship, it is not advisable to ask the therapist to withhold individual information from other adult participants in the counseling, as it will generally undermine the success of counseling as a vehicle for dealing with issues that affect the relationship.

I am aware that session times are limited, and will try to provide new disclosures and goals early in the session so that there may be satisfactory attention and resolution reasonable to the time that is available.

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Signature Date

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Signature Date

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Witness Date