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Understanding Couple's Therapy

Couple's therapy starts with an assessment of the relationship, past and present.

We understand that information discussed in couple's 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 couple's 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 goals.

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 or in the case of an emergency. Due to HIPAA privacy laws, email communication is discouraged.

If the relationship breaks up and either or both of you wish to re-contract as part of couple's treatment, secrets will not be kept and the therapist reserves the right to pass on information that furthers therapeutic goals.

Sessions are 45-50 minutes in length.

By signing below, we agree to the above guidelines.

Signature and Date

Signature and Date