



CYNDIE FORD PURDY, L.M.H.C.
Licensed Mental Health Counselor

STATEMENT OF UNDERSTANDING FOR COUPLE THERAPY

Couple’s therapy involves an assessment of relationships both past and present.

We understand and agree 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 for the purpose of testifying for or against either party or to provide records in a court action, including child custody cases.

By entering into couple’s therapy, we acknowledge and understand that working toward change to reach our goals may involve reading or homework assignments as well as experiencing difficult and intense emotions, some of which may be quite painful.

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

We understand that there may be times when the therapist may appear on either person’s side but is really on the side of the marriage.

Telephone calls between sessions are for scheduling or changing appointments or for emergencies only. We understand that during couple’s therapy e-mails to the therapist by either partner is inappropriate.

If the partners decide to separate and either or both partners wish to re-contract with the therapist for individual counseling, the decision with whom the therapist will continue working is at the therapist’s discretion. In some circumstances a referral will be made.

When the therapist sees either partner for individual sessions as part of couple’s therapy, secrets will not be kept and the therapist reserves the right to pass on information that furthers the couple’s therapeutic goals.

Sessions are 45 minutes in length so it is important that each partner try to be concise in presenting thoughts and feelings and in being prepared for each session.

Therapy works best when each partner reaches closure in their communication; that is, to reach a point of satisfaction that they have said what they need to say and have asked for what they need to ask for and their communication has been understood by the other.

Partner

Date

Partner

Date