

OPEN SECRETS POLICY

Sometimes, in the course of couples counseling, I may choose to see one or both of you individually in order to advance your progress together. In some cases, an individual might share with me a secret he/she does not want shared with his/her partner. If I am to treat you in the most effective way possible, I need you both to be transparent with me, even in the ways you are not willing or ready to be transparent with each other. If you lie or omit information from me, I will not be able to fully assist the secure functioning of your relationship and the therapy may be ineffective.

This means if one or both of you tells me a secret, I will hold that secret from the other partner. This is called an open secrets policy. Both parties must agree to allow me to intentionally hold a secret from them if their partner has told me that secret in confidence.

If you have a secret, please be very explicit and clear with me about what you want shared or not shared. Something like, “My husband knows I have a job at the bank, but he does not know I was demoted, and I do not want him to know. Please do not share my demotion with him.” Please do not assume therapist has heard your request for confidentiality until she repeats your request explicitly; something like, “I understand your husband knows about your job at the bank, but you would like me to keep your demotion a secret from him. I will hold this information in confidence.”

My choice to hold a secret does not in any way mean I favor one partner over the other or have any special alliance with one partner over the other. I am in favor of transparency in a securely functioning relationship, however I will hold this secret and work with you individually on what makes it difficult to share the secretly held information with your partner.

Sincerely,

Martha “Marty” Simpson, LMFT

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I have read this **Open Secrets Policy**, and I agree that my couples therapist Martha “Marty” Simpson, LMFT may hold a secret from me in order to maintain the confidentiality of my partner. I understand that this does not mean my therapist has an unfair alliance with my partner. I understand that if she holds a secret from me, she is still working in service of me, my partner, and our relationship.

I agree to tell my therapist the whole truth and be clear and explicit with her if I do not want information shared with my partner.

Signature

Date

Printed Name

Signature

Date

Printed Name