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Couples Counseling Disclosure Statement

I am a Licensed Clinical Social Worker with a Masters in Social Work from New York University and a Bachelor of Fine Arts from The Pratt Institute. I have over 15 years of experience as a psychotherapist working with individuals, couples and families.

My couples counseling is based on the intention of helping partners stay together and find deep fulfillment and happiness together. It is a “marriage friendly” couples therapy that works to help couples succeed in their marriage and also accepts couples' ultimate decision regarding the future of their relationship.

I specializes in an approach to couples counseling that is a synthesis of the leading experts in the field including: 1) Dr. John Gottman, PhD a pioneer clinician and researcher who with his wife, Dr. Julie Gottman has established a therapeutic technique based in 40 years of couples research. This is a practical way to improve the quality of your time together now as a couple. 2) Dr. David Schnarch who is a pioneer in combining sex therapy and marriage counseling and originator of Crucible Therapy . I have completed the Level 3 Training at the Gottman Institute for Couples Therapy (2012). Many couples have benefited greatly from this couples therapy which successfully helps to reduce escalation, conflict and emotional distance . The overwhelming majority of couples have gone on to have greatly improved satisfaction, increased intimacy and happiness together after therapy.

Overview of Gottman Method Couples Therapy

The Gottman Method Couples Therapy is based on Dr. John Gottman's research that began in the 1970's and continues to this day. The research has focused on what makes relationships succeed or fail. From this research, Drs. John and Julie Gottman have created a method of therapy that emphasizes a nuts-and -bolts approach to improving clients' relationships.

This method is designed to help teach specific tools to deepen friendship and intimacy in your relationship. To help you productively manage conflicts, you will be given methods to manage resolvable problems and dialogue about gridlocked (or perpetual) issues. We will also work together to help you appreciate your relationship's strengths and to gently navigate through its vulnerabilities. While I have taken training in the Gottman Method of couples therapy, I want you to know that I am completely independent in providing you with clinical services, and I alone am fully responsible for those services. The Gottman Institute or its agents have no responsibility for the services you receive.

Gottman Method Couples Therapy Consists of Five Parts

- Assessment
- Treatment
- Out of Therapy
- Termination
- Outcome Evaluation

Early in the assessment phase, you will be given some written materials to complete that will help me better understand your relationship. In the first session we will talk about the history of your

relationship, areas of concern, and goals for treatment.

In the next session, I will meet with each of you individually to learn your personal histories and to give each of you an opportunity to share thoughts, feelings and perceptions. In the final session of the assessment, I will share with you my recommendations for treatment and work to define mutually agreed-upon goals for your therapy.

Most of the work will involve sessions in which you will be seen together as a couple. However, there may be times when individual sessions are recommended. I may also give you exercises to practice between sessions.

The length of therapy will be determined by your specific needs and goals. In the course of therapy, we will establish points at which to evaluate our satisfaction and progress. Also, I will encourage you to raise any questions or concerns that you have about therapy at any time.

In the later stage of therapy, we will phase out or meet less frequently in order for you to test out new relationship skills and to prepare for termination of the therapy. Although you may terminate therapy whenever you wish, it is most helpful to have at least one session together to summarize progress, define the work that remains, and say good-bye.

In the outcome-evaluation phase, as per the Gottman Method, four follow-up sessions are planned one after six months, one after 12 months, one after 18 months and one after two years. These sessions have been shown through research to significantly decrease the chances of relapse into previous, unhelpful patterns. In addition, commitment to providing the best therapy possible requires ongoing evaluation of methods used and client progress. The purpose of these follow-up sessions then will be to fine-tune any of your relationship skills if needed and to evaluate the effectiveness of the therapy received.

Assessment Schedule

Session #1 Intake Interviews 80-90 Minutes

Session #2 Individual Interviews 45 Minutes/each (90 total)

Session # 3 Treatment Planning 80-90 Minutes

There will be no secrets kept in this work.

Because of the nature of this work I will not be able to “hold secrets” from one partner for the other.

Therefore anything that gets shared with the therapist will also be shared with the partner in the couple. This keeps the work we are doing clear and transparent.

Cancellation Policy

I have a 24 hour cancellation policy for all appointments. I will need to bill for sessions cancelled with less notice unless there is an emergency.

Fees

All sessions are self pay and payment is due at each session.

My fee is \$175 for each 1 ½ hour couples therapy session.

CONFIDENTIALITY

In general, the privacy of all communications between a client/clients and a therapist is protected by law, and I can only release information about our work to others with your written permission. But there are a few exceptions.

There are some situations in which I am legally obligated to take action to protect others from harm, even if I have to reveal some information about a client's treatment. For example, if I believe that a child [elderly person, or disabled person] is being abused, I must file a report with the appropriate state agency.

If I believe that a patient is threatening serious bodily harm to another, I am required to take protective actions. These actions may include notifying the potential victim, contacting the police, or

seeking hospitalization for the client. If the client threatens to harm himself/herself, I may be obligated to seek hospitalization for him/her or to contact family members or others who can help provide protection.

These situations have rarely occurred in my practice. If a similar situation occurs, I will make every effort to fully discuss it with you before taking any action.

I may occasionally find it helpful to consult other professionals about a case. During a consultation, I make every effort to avoid revealing the identity of my client. The consultant is also legally bound to keep the information confidential. If you don't object, I will not tell you about these consultations unless I feel that it is important to our work together.

While this written summary of exceptions to confidentiality should prove helpful in informing you about potential problems, it is important that we discuss any questions or concerns that you may have at our next meeting.

Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

Client Signature _____ Date _____

Client Signature _____ Date _____

Therapist Signature _____ Date _____