

## CONFIDENTIALITY AGREEMENT FOR COUPLES and FAMILY THERAPY

### Individual Therapy, Phone Calls

During the course of couples or family therapy, there may be times when you'd like to schedule an individual appointment for yourself. This can be helpful when there are issues you'd like to discuss, but you're not quite sure how to bring them up in front of your partner or family members. Examples include: problems with work, school, parents, in-laws, ex-spouses, sex, money, or alcohol. An individual session can also be helpful when something we've touched on in a couples or family session stirs up an issue you'd like to spend more time on.

I am happy to see you individually, as long as you agree that anything you share in an individual session may be talked about in subsequent couples or family sessions. This doesn't mean I'll necessarily bring up every issue you've talked to me about privately. It just means you've given me permission to do so if I believe it's important to the health of your relationships.

Knowing that I don't keep secrets helps everyone feel safer in therapy. It also allows me to be completely honest-without having to worry about who told me what, when. If you have any questions about whether a topic is one I will need to share with others, please ask me before sharing any details. If you have reservations about raising an issue, I'm happy to refer you to another therapist for individual counseling.

### Phone Calls

This agreement also applies to phone calls. If you contact me between sessions, I'll expect you to let your partner or other family members know you've done so. Contents of phone calls may be shared. By signing this agreement, you are giving me permission to discuss any information share with me privately with all others regularly attending therapy with you.

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