the Samaritan Counseling Center, Inc.

2911 Zelda Rd. Montgomery, Al 36106
334-262-7787 Phone • 314-262-7795 Fax

POLICY AND INFORMED CONSENT FOR COUPLES THERAPY

Relationship therapy works best when the focus of my work is on your relationship. When working with you, it is expressly understood that my client is both your relationship and each of you as individuals. In order to maintain fidelity to both of you and to your relationship, I ask for your consent on the following agreements.

Confidentiality
All information disclosed within sessions is confidential and may not be revealed to anyone without written permission except where disclosure is permitted or required by law. Each individual partner is subject to the confidentiality policies of the Center.

No Secrets Policy
When a couple enters into counseling, it is considered to be one unit. This means that my allegiance is to the couple "unit," and not to either partner as individuals. I find this is particularly important in creating a space where both partners can feel safe. Therefore, I adhere to a strict "No Secrets" policy. This means that I will not hold secrets for either partner. This policy is intended to allow me to continue to treat the couple by preventing, to the extent possible, a conflict of interest to arise where an individual's interests may not be consistent with the interests of the couple being treated.

On occasion during the counseling process, individual partners may be seen for an individual counseling session. In this case, the individual session is still considered as part of the couple's counseling relationship. Information disclosed during individual sessions may be relevant or even essential to the proper treatment of the couple. If an individual chooses to share such information with me, I will offer the individual every opportunity to disclose the relevant information and will provide guidance in this process. If the individual refuses to disclose this information within the couple's session, I may determine that it is necessary to discontinue the counseling relationship with the couple. If there is information that an individual desires to address within a context of individual confidentiality, I will be happy to provide referrals to therapists who can provide concurrent individual therapy. This policy is intended to maintain the integrity of the couples/marital counseling relationship.

Court Proceedings/Subpoena of Records
It is understood that the purpose of marital/couples therapy is for the reduction of distress within a relationship. Therefore, if both partners request my services as a couple's therapist, counselor, or psychologist, they are expected not to use information given to me during the therapy process against the other party in a judicial setting of any kind, be it civil, criminal, or domestic. Likewise, neither party shall for any reason attempt to subpoena my testimony or my records to be presented in a deposition or court hearing of any kind for any reason, such as a divorce case.

Release of Records
Both parties/partners must provide their consent to release marital/couples counseling records. If one partner does not provide consent, records will not be released, unless required by subpoena or court order.

Course of Treatment
The continued participation by each person is voluntary. Either participant may suspend or terminate the therapy upon individual request.

I certify by my signature below that I have read, fully understand, and agree to abide by the stated policies.

Signature of Client	Print name	Date of Birth	Date Signed
Signature of Client	Print name	Date of Birth	Date Signed
Signature of Psychologist / or Therapist		Print Name	Date Signed