



Couples Informed Consent Form

We understand that couples therapy begins with an evaluation of our relationship, past and present. While Resolve Counseling Center is evaluating the therapeutic resources available to us, we will decide whether we wish to begin couples therapy with this organization. We understand that because of the commitment of time and money, plus the potential impact on us and others (see below), it is important to make an informed choice for a couples therapist.

We have read and understand the potential limits of confidentiality, including those imposed by Resolve Counseling Center’s policies and by state law. [If we have dependent children, we have read and understood the potential limits of confidentiality regarding access to records in child custody cases]. We understand that information discussed in couples therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners. We agree not to subpoena therapy records to testify for or against either party or to provide records in a court action.

We understand all policies as described on the PATIENT INFORMATION sheet and accept them as conditions for entering into couples therapy.

We have been given the opportunity to ask questions and discuss confidentiality and disclosure policies. We understand that while working as a couple, anything either of us might say individually, whether by phone or in an individual session, will be held confidential and will not be shared with the spouse/partner without the individual’s consent.

We agree to share responsibility for the therapy process, including goal setting and termination. By entering into couples therapy, we accept and understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful, in order to reach therapy goals. We understand that the changes one or both of us makes will have an impact on our partner and on others around us. We accept that such changes can have both positive and negative effects and agree to clarify and evaluate potential effects of changes before undertaking them. [This is especially true if we have dependent children.]

We understand that the therapeutic focus in couples therapy is NOT necessarily on preserving the relationship nor is the focus on individual happiness but will be on personal and relationship enhancement through the process of individual growth and personal awareness. If remaining together is harmful to one or both partners, the focus will still be on individual growth and personal awareness while facilitating an amicable separation. Should we choose to separate we understand that the therapist may continue to work with both of us or in some cases may choose to refer one or both of us to another therapist if deemed in our best interest.

Client \_\_\_\_\_ Date \_\_\_\_\_

Client \_\_\_\_\_ Date \_\_\_\_\_