

Couples Counseling Policy

The following is my official Couples Counseling policy, any EAP contract policy will supercede this policy.

Conjoint Therapy Sessions - Most couples counseling is done conjointly. This means that the therapist sees both partners in the session.

Individual Sessions - In couples counseling, the *couple* is viewed as the *client*. If there are any individual sessions, the therapy focus is going to be on the dynamics/patterns of the relationship and not individual dynamics separate from the relationship. As your therapist, I do not keep secrets from the other partner when an individual of the relationship is seen. A release of information is obtained to ensure that the individual fully understands the confidentiality is for the *couple* and not the *individual*.

Domestic Violence - If there is domestic violence present in the relationship, couples counseling is appropriate when:

Both people wish to stay in the relationship and both people still feel they have free will in the relationship

While in counseling, the couple agrees to discontinue violence and seek out other ways to resolve conflicts

Print Name of client(s): _____

Client sign Date

Client sign Date

Clinician

Date

5/2015