

## Statement of Understanding: Couples Therapy

I'm glad to have the opportunity to work with you as a couple. Couples therapy is different from individual therapy in several ways. The purpose of this statement is to clarify those differences so you can have the best possible outcome from couple's therapy.

### Structure of Meetings

- I will meet with the two of you together each time we meet. There are **rare** exceptions when I might want to see each of you individually. If this happens, it is likely to be a brief, one-time occurrence and will not be individual therapy. If either of you wants individual therapy, I will be glad to refer you to another therapist for that work.
  
- If one of you is late, we wait for the other partner. If one of you doesn't come to the couples appointment, it counts as a late cancellation and you will be charged for the session. **I won't meet with either of you separately when we had a couples appointment scheduled.**

### Confidentiality

The same confidentiality policy as in my informed consent form applies to couples therapy with the following additions:

- Your **relationship** is my client, so I do not keep secrets between you. If I were to keep a secret from one of you it would nullify me as your couples therapist, and I would discontinue couples work with you. **Don't tell me anything that you are not ready to discuss with your partner.**
  
- There are two people in couples therapy and one record. Therefore, to release information about you or the therapy, I must have signed releases from both of you. This applies to any and all requests for information including legal subpoenas.

### Contact Between Sessions

- Contact between sessions should be limited to scheduling matters. Emailing or texting clinical information could compromise your confidentiality and is best addressed in session.
- The best ways to reach me are: Office: 470-326-0560  
Email: [bejoiful@yahoo.com](mailto:bejoiful@yahoo.com)

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Signature/Date

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Signature/Date