

Couples/Family Therapy Agreement for Individual Sessions and Informed Consent

Occasionally, during the couple or family therapy process, there may be a request by one or more participants for an individual session as part of the therapy. This will be decided on an individual basis, based on need and appropriateness of the request. If this need arises, all participants must be in agreement with the request for the individual session, and the disclosures that are made in the individual session will be part of the couple/ family record and are not confidential. The other participants have a right to know the nature of the disclosures and outcome of the session.

When a couple/family attends therapy, the unit is the “patient” or “client”. If any information is requested from the record, all participants need to be in agreement with the release of information and both sign a written release. One person cannot request the record without the other parties being in agreement with the release of information.

Couple/family therapy is not an exact science or a guarantee that the problems will be resolved. From time to time the couple decides to end their relationship or family members may disconnect. The record is considered private and confidential and not intended to be a part of the court process to support one or more parties in the event of divorce or family conflicts. Therapy is intended to be a safe place to process issues that have surfaced and find alternative ways of dealing with these issues. The record is not intended to be used against one individual or to support another’s case.

I agree to individual sessions in the event the need arises and understand the information disclosed will not be confidential. I agree that I will not request the record in the event of a divorce proceeding or court matter involving the family unit.

Client Signature

Date

Client Signature

Date