

COUPLES THERAPY REFERRALS

Prior to requesting couples therapy, **consider the following:**

- ❖ Can the clinical need be met by the [KP Couples Communication Workshop](#)?
Available to ALL KP members with or without referral.
- ❖ Could the clinical need be met by bringing in partner as collateral to individual treatment?
No referral needed.
- ❖ Rule out any contraindications to couples therapy:
 - Active substance abuse by either partner that may interfere with conjoint therapy.
 - Intimate Partner Violence (physical, verbal, or emotional) – unless you have specialized training in this arena.
 - Other contraindications. If you would like to discuss further, request to speak with an OSM Clinical Liaison.

After the above items have been considered, **prepare to summarize responses to the following:**

- ❖ Clarify how the relationship impacts the patient's mental health condition?
Note: Psychotherapy is authorized to treat the patient's mental health condition
- ❖ Conduct at least one collateral session to determine clinical needs:
 - Are both partners interested and invested in an episode of weekly or every other week therapy?
 - What are the observed and/or discussed relational dynamics between the patient and their partner/spouse?
 - What do you and both partners agree would be initial goals of treatment?
 - Summarize your clinical interventions and client's and partner's responses.
 - Describe your clinical rationale that it is contraindicated for you to provide the conjoint work as a collateral component to your work with the client.
- ❖ Determine your clinical recommendation:
 - Continue individual therapy with partner joining for collaterals (with or without patient present).
 - Add [KP Couples Communication Workshop](#) or other resource.
 - Pause or end individual therapy, refer to couples treatment.
 - Continue with individual therapy and refer to couple's therapy.
- ❖ Email your summary to: [SCAL-BH Panel](#)