

KPEP Kaiser Permanente Couples Counseling Referral

E-mail Completed form to: scal-bh-panel@kp.org

Please note: If the patient is in individual treatment and the need for couples or family therapy arises, the same therapist may provide the couples or family therapy sessions unless there is a clinical rationale for how this is contraindicated. Referral to a second provider for the purposes of couples or family therapy should only be made if remaining with current therapist is clinically contraindicated.

Date of Referral: _____

Patient Name: _____ MRN: _____

DOB: _____ Best number to reach patient: _____

Medical center area of Patient: _____

Reason for referral for couples counseling/Clinical rationale for referring to a different provider:

Diagnosis: _____

Most Recent TPI scores:

BHI _____ GAD _____ PHQ9 _____ CSSRS _____

Clinical Considerations before referring or initiating Couples Counseling (check mark those that are "yes"):

- ☐ Initial Assessment has been completed on Tridium
- ☐ Is it clinically indicated for spouse/family member to be included in session to achieve patient's goals?
- ☐ Is individual treatment likely to continue? If so, explain clinical rationale for providing both individual and couples therapies:

- ☐ Has a collateral/family session been included in patient's current episode of care?
- ☐ Do both Patient and Spouse agree to a Couples Counseling referral?
- ☐ Would couple be interested in a time limited group workshop rather than counseling?

If the answer is "Yes" to the following, then couples therapy is likely not indicated:

- ☐ Is there Intimate Partner Violence -physical, verbal, emotional?
- ☐ Is there ongoing affair(s) that one or both partners are unwilling to end?
- ☐ Is there Mental health disorder better addressed in individual therapy (i.e., bipolar disorder)?
- ☐ Current drug and alcohol use, impairing patients/spouse ability to function well

Referring provider: _____

Group Practice (if applicable): _____

Phone number: _____

E-mail address: _____