

“NO SECRETS” POLICY: When Treating a Couple or Family

This written policy is intended to inform you, the participants in therapy, that when I agree to treat a couple or a family, I consider that couple or family (the treatment unit) to be the patient. For instance, if there is a request for the treatment records of the couple or the family, I will seek the authorization of all members of the treatment unit before I release confidential information to third parties. Also, if my records are subpoenaed, I will assert the psychotherapist-patient privilege on behalf of the patient (treatment unit).

During the course of my work with a couple or a family, I may see a smaller part of the treatment unit (ie., an individual, two siblings, parents, etc) for one or more sessions, for treatment supporting the overall couple/family’s goal(s). These sessions should be seen by you as a part of the work that I am doing with the family or couple, unless otherwise indicated. If you are involved in one or more of such sessions with me, please understand that generally these sessions are confidential in the sense that I will not release any confidential information to a third party unless I am required by law to do so or unless I have your written authorization. In fact, since those sessions can and should be a part of the treatment of the couple or family, I would also seek the authorization of the other individuals in the treatment unit before releasing confidential info to a third party.

However, I may need to share information learned in an individual session (or a session with only a portion of the treatment unit being present) with the entire treatment unit – that is, the family or the couple- if I am to effectively serve the unit being treated. I will use my best clinical judgment as to whether, when and to what extent I will make disclosures to the treatment unit, and will also, if appropriate, first give the individual or the smaller part of the treatment unit being seen the opportunity to make the disclosure. Thus, if you feel it necessary to talk about matters that you absolutely want to be shared with no one, you might want to consult with an individual therapist who can treat you individually.

This “no secrets” policy is intended to allow me to continue to treat the couple or family by preventing, to the extent possible, a conflict of interest to arise where an individual’s interests may not be consistent with the interests of the unit being treated. **If, at any time, members of the overall treatment unit are potentially no longer working towards mutual goals, I will need to refer out.** For instance, information learned in the course of an individual session may be relevant or even essential to the proper and effective treatment of the couple or the family (ie, infidelity, plans to separate, etc.). If I am not free to exercise my clinical judgment regarding the need to bring this to the couple or family during their therapy, I might be placed in a situation where I will have to terminate treatment of the couple or family. This policy is intended to prevent the need for such termination. If at any point, one or both members of a couple decide to no longer participate in couple’s treatment, or if there is a lack of communication and/or treatment for 14 days or longer, unless otherwise arranged, this will indicate a formal termination of our therapeutic relationship for couple’s treatment.

We, the members of the _____ (couple/family) being seen, acknowledge by our individual signatures below, that each of us has read this policy, that we understand it, that we have had an opportunity to discuss its contents with Julie Trosin, LMFT, and that we enter couple/family therapy in agreement with this policy.

X _____	_____ PRINT NAME	_____ DATE
SIGNATURE		
X _____	_____ PRINT NAME	_____ DATE
SIGNATURE		
X _____	_____ PRINT NAME	_____ DATE
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X _____	_____ PRINT NAME	_____ DATE
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THERAPIST’S SIGNATURE

DATE