**COUPLES WORK AND LITIGATION LIMITATION**

For treatment to have any efficacy at all, it is essential that individuals trust that information shared in their couples sessions will be kept confidential, and that it will not be used to harm them. In individual psychotherapy, the record contains information only about one person, the patient. The patient can choose whether or not to waive the right to confidentiality.

With couples therapy, my notes have information about both of you. In the unfortunate circumstance of a divorce, particularly where custody of children is being disputed, records or testimony is sometimes requested in an attempt to support one’s case. Because couples psychotherapy is seriously compromised when record requests may be made, this serves as an agreement from you that you will not request records of testimony of any kind from me regarding your couples therapy unless a valid court order is produced. Furthermore, I am unable to make legal recommendations for either of you or your dependents; these must come from an independent consultant.

In order to maintain fidelity as your couples counselor, I do not “keep secrets” with one partner from the other; confidentiality and privilege do not apply between the couple or among family members. I will not release records to any outside party unless I am authorized to do so by all adult family members who were part of the treatment. If one of you contacts me between sessions, I ask that you cc your partner in your email or text. If you and I have a phone conversation, I will ask you to restate all that we said upon the next session, unless there is imminent danger involved.

Finally, if one of you would like to work individually with me, I will need assurance from each of you that you no longer wish to see me as a couple, and I may need to refer you to another therapist, even if I have this assurance.

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**Patient of record Signature (Date)**  **Spouse/Significant Other Signature (Date)**

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**Please print full name as signed**  **Please print full name as signed**