

Couples Counselling Agreement & Policy

Couples counselling involves working collaboratively with both individuals in the relationship to support communication, emotional safety, understanding, and relationship goals.

This document outlines important information specific to couples counselling services.

1. Therapist Neutrality

The therapist's role is not to take sides, determine blame, or decide who is "right" or "wrong."

The therapist aims to support both individuals fairly and respectfully while maintaining focus on the overall therapeutic goals.

2. Confidentiality & Shared Records

Couples counselling records are generally considered part of a shared clinical record.

Information disclosed during joint sessions may be documented within the shared counselling record.

While individual check-ins may occasionally occur where clinically appropriate, information that significantly impacts the therapeutic process may need to be addressed within couples counselling.

3. Secrets & Individual Disclosures

Haven Therapy Co does not guarantee indefinite confidentiality regarding information that may significantly affect the therapeutic relationship or counselling process.

Where ongoing secrets are impacting therapy, the therapist may support clients in working toward transparent communication where safe and appropriate.

4. Safety & Suitability

Couples counselling may not be appropriate in situations involving:

- Ongoing domestic or family violence
- Coercive control
- Serious safety concerns
- Active substance dependence impacting participation
- Situations where one partner feels unsafe participating openly

Where appropriate, individual support or alternative referrals may be recommended.

5. Communication Between Sessions

The therapist cannot act as an ongoing mediator between partners outside scheduled sessions.

Email or messaging communication should be limited to scheduling or administrative matters unless otherwise agreed.

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6. Separation & Future Services

If the relationship ends or couples counselling ceases, Haven Therapy Co may determine whether ongoing individual services are clinically appropriate and ethically suitable.

In some circumstances, referrals to alternative practitioners may be recommended to avoid conflicts of interest.

7. Fees & Cancellation Policy

- Session fees are payable at the time of appointment unless otherwise arranged.
- A minimum of 24 hours' notice is required for cancellations or rescheduling.
- Late cancellations or missed appointments may incur the full session fee.

8. Consent

We acknowledge that:

- We understand the nature and limitations of couples counselling.
- We understand confidentiality and shared record arrangements.
- We understand the therapist's role is neutral.
- We understand counselling outcomes cannot be guaranteed.
- We have had the opportunity to ask questions.
- We consent to participate in couples counselling services with Haven Therapy Co.

Partner 1 Name: _____

Signature: _____

Date: _____

Partner 2 Name: _____

Signature: _____

Date: _____