

Dawn Mehalakis MA, LMFT #112276
contact@dawn-mehalakis.com
(916) 359-9823
www.dawn-mehalakis.com

Couple Therapy Policy

If you are here to work on a relationship problem, it's important for you to understand what I believe about relationships and marriage.

I do not have preconceived notions about whether you should stay together or part ways. I believe it is important to explore such questions openly, honestly, and thoroughly. Once your goals are established, I will work diligently to support you in achieving them, whatever they may be. Second, you are entrusting me to use my professional judgment as it relates to individual confidences. In the case that the couple goes to court, I do not testify on anyone's behalf, nor do I attend court unless ordered by the Judge.

No Secret Policy

If you participate in marital or family therapy, your therapist will not disclose confidential information about your treatment unless all person(s) who participated in the treatment with you provide their written authorization to release such information. However, it is important that you know that your therapist utilizes a "no-secrets" policy when conducting family or marital/couples therapy. This means that if you participate in family, and/or marital/couples therapy, your therapist is permitted to use information obtained in an individual session that you may have had with him or her, when working with other members of your family. Please feel free to ask your therapist about his or her "no secrets" policy and how it may apply to you.

By signing this form, you are acknowledging that anything you communicate to me individually by phone, email, or any other means may be important to bring up and work on in a couple therapy session, and I reserve the right (but not the obligation) to do so. Any information you provide me outside the therapeutic setting will be encouraged to share in session.

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Print Name of Client

Client Signature

Print Name of Client

Client Signature

Signature of Therapist

Date