

“No Secrets” Policy for Couples/Family Therapy

This written policy is intended to inform you, the participants in family therapy or couple therapy, that when I agree to work with a family or couple, I consider that couple or family (the treatment unit) to be a 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 (e.g., an individual or two siblings) for one or more sessions. These sessions should be seen by you as a part of the work that I am doing with the family or the 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 to by law to do so or unless I have your written authorization. In fact, since these sessions can and should be considered a part of the family or couple therapy, I would also seek the authorization of the other individuals in the treatment unit before releasing confidential information to a third party.

However, I may need to share information learned in an individual session (or a session with only part of the treatment unit being present) with the entire treatment unit, that is, the family or couple, if I am to effectively serve the unit being treated. I will use my best judgement 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 smaller part of treatment unit being seen the opportunity to make the disclosure. Thus, if you feel it necessary to talk about the matters that you absolutely want to be shared with no one, you might want to consult with an individual therapist who could treat you individually.

I have read & understand the “No Secrets” policy:

Client Signature

Date

Therapist Signature

Date