

Permission for Shared Information in Couples Therapy

I, _____, understand that _____ is seeing me for individual sessions in context of Couple Therapy with _____. I understand, therefore, that any material we discuss in individual sessions may be brought up in couples' sessions if the therapist thinks it would be helpful to the course of therapy. I understand that the therapist will give me the opportunity to share with my partner the information identified as important for couples' work prior to the therapist doing so.

If there is material discussed in individual sessions that I do not want shared with _____. I must specifically request that the therapist keep that issue confidential. I understand that if the therapist believes that the material in question is important for the couples' work but I do not want it shared, the therapist has the right to terminate the couples' therapy.

I have read and understand these guidelines for individual sessions within Couples Therapy. I have had ample opportunity to ask questions about these guidelines. I understand that my permission to share information from these sessions terminates immediately upon the discontinuation of Couples Therapy.

Print Name

Signature

Date