



Couples No Secrets Policy

This written policy is intended to inform you, the participants in couples therapy, that when I agree to work with a couple, I consider that couple (the treatment unit) to be the patient.

For instance, if there is a request for the treatment records of the couple, 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 (the treatment unit).

During the course of my work with a couple, I may see part of the treatment unit (e.g., an individual) for one or more sessions. These sessions should be seen by you as a part of the work that I am doing with 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 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 couple therapy, I would also seek the authorization of the other individual 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 a portion of the treatment unit being present) with the entire treatment unit — that is, the couple, if I am to effectively serve the unit being treated.

I will use my best judgment 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 the smaller part of the treatment unit being seen the opportunity to make the disclosure.

