

Agreement for Marital Therapy

- Marital Therapy starts with an assessment of your relationship, past and present.
- We understand that the information discussed in marital therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners.
- We agree not to subpoena the therapist to testify for or against either party or to provide records in a court action.
- By entering into marital therapy, we accept that we both understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful in order to reach our goals.
- We accept that such changes can have both negative and positive effects and agree to clarify and evaluate potential effects of changes before we undertake them.
- There will be times when the therapist may appear on either person’s side but is really on the side of the marriage.
- Phone calls between sessions should be used for making appointments and emergencies. No emails.
- If the relationship ends, and either or both of you wish to re-contract with me for individual counseling, the decision with whom I continue working is at my discretion. In some circumstances, a referral will be made.
- If the therapist sees either member of the couple for individual sessions as part of marital treatment, secrets will not be kept and the therapist reserves the right to pass on information that furthers therapeutic goals.
- If either of you has contracted a sexually transmitted disease due to infidelity in your marriage, you agree to share this information with your spouse, out of love and respect for the other. If you share with me that you think you may have an STD, I will not keep this information confidential, as this could potentially jeopardize the health and/or life of your spouse.
- Since session time is limited to 50 minutes, please come prepared for session and try to be concise in presenting your thoughts and feelings.
- Sometimes, I may ask you to “pause” in your communication in order to reflect on important concepts. I reserve the right to interrupt session at any time to clarify what is being said, to inquire about issues, to share observations about your relational patterns, or to manage conflict that may arise during session. I will structure sessions the way I feel is most therapeutic for your marriage.
- Therapy works best if you strive for closure in your communications, that is, a point of satisfaction that you have said what you need to say and asked for what you need to ask for.
- When confronting your spouse, sometimes it can be powerful to use the “sandwich” method: the heart of the matter is easier on the palette when it is both introduced and followed by positive, encouraging messages.
- Remember the goal of marital therapy is reconciliation and forgiveness—but this can often be a long and painful process. We agree to work toward these goals as long as we are meeting for marital therapy. We agree to suspend all thoughts or discussion of divorce as long as we are engaged in marital therapy.
- Breach of any of these guidelines by either spouse can be grounds for suspending marital therapy.

We agree to the above guidelines.

Client’s Signature

Date

Client’s Signature

Date

Counselor’s Signature

Date