

Therapy Agreement for Couples

First, congratulations or caring enough about your relationship to even consider couples counseling. In order for this process to be helpful and safe for you, I have compiled a list of expectations so you can make an informed decision if you want to work with me.

Responsibilities of the therapist:

1. To do everything I can to find a spot for you in my schedule that is consistent.
2. To show up for appointments on time and be clear about ending on time.
3. To be clear about my fee and give a reasonable warning if I am raising my fee. My current fee is \$150.00 per 55 minute session.
4. To keep all information confidential. (There are times confidentiality would be broken and I will speak to you regarding those times in our first session.)
5. To be neutral and not take sides.
6. To only talk to the couple when they are together.
7. To be 100% present to you.
8. To interact in a respectful, non-shaming manner, modeling healthy differentiation.
9. To respond to upsets about my behavior by mirroring, validating, and being empathic and taking responsibility for my impact.
10. To recognize that the couple has all they need to move into connection together inside themselves, and that my job is to keep them in process using the structure of the dialogue so they can find their way back to each other.
11. To give clear homework assignments and support your attempts to carry them through.
12. To remember what happens in sessions so there is continuity.

Responsibilities of the couple:

1. To keep appointments by showing up on time.
2. To pay the fee at the end of each session.
3. To give 48 hours notice if unable to keep an appointment. If it is less than 24 hours notice, there is a \$50 charge. (Of course I am not unreasonable. If there is a family emergency or a serious illness, I will certainly make an exception.)
4. To be as honest about your feelings and thoughts as you know them.
5. To be curious and open about your partner's reality.
6. To be willing to take responsibility for your part in the nightmare.
7. To be respectful to your partner in and out of session.
8. To express upset and complaints to either your partner, or to the therapist rather than friends or family members.
9. To follow the directive of the therapist to stay in the process of the dialogue.
10. To NEVER, NEVER use material from the sessions against your partner.
11. To express appreciations and gratitude for your partner.
12. To take the risk to be vulnerable at whatever level stretches you but does not break you.
13. To give and receive repairs as soon as possible.
14. To become your partner's advocate.

We have read and understand the above agreement

Signature and Date