

Harmony Healing
Cindy Ostuni, LCSW-R and Kathleen Tryon, LCSW-R
Office Phone: 315-436-5428
Confidential Personal Record

Date _____ SS# _____
Name _____ Date of Birth _____ Preferred pronoun _____
Address _____
Home/Cel Phone Number _____ Can we leave a message? Yes _____ No _____
Work Phone Number _____ Can we leave a message? Yes _____ No _____
Employer _____
Address _____
Who referred you to us? _____

Family History:

1. What is your relationship status? Single _____ Dating _____ Married _____ Domestic Partner _____
Divorced _____ Widow(er) _____
2. What is your partner's name? _____ Age _____
3. Do you have children? Yes _____ No _____
Names and ages of children _____

4. With whom do you live? _____
5. How many brothers and sisters do you have? _____
6. Are you the oldest, youngest, or middle child? _____
7. Have you been married before and/or have you lived with another significant partner in the past?
Yes _____ No _____ Name _____ Age _____
8. What is your religion? _____
9. Medication(s) you take: _____

10. Previous individual or couples' therapy: _____

11. Alcohol and drug history: _____

12. Anything else you could tell me that would help me to help you now? (Loss of any kind, trauma in the relationship, life circumstance that is challenging or had been challenging, significant transitions, etc.)
13. Falling in love: Tell me how you met and what attracted you to your partner.
14. Power Struggle: (Things changed when...)
15. What I imagine it is like to be married (in partnership) with me is...

16. What I see as the strengths of our relationship are...
17. If we are wildly successful in our work together, the qualities that will be present in our relationship are.....
18. What I am doing now that is keeping me from having those qualities is...
19. Some things I could begin to do that would move us toward having the relationship I long for are.....

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 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 \$75 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

Signatures and Date