

COUPLE'S THERAPY AGREEMENT AND INFORMED CONSENT

Names of clients:

Presenting Problem(s):

Goals/Hopes:

Services Provided:

- Couples' therapy
- Modality (frequency & length of sessions):
- Fee: to be paid at each session in cash or personal check. (Fee may increase. A notice of 1 month will be given before any increase).
- Cancellation policy: No payment required if session cancelled at least 24 hours ahead of time, otherwise, full fee will apply.

Evaluation of progress:

To be discussed formally after every 12-16 sessions, however progress is evaluated on an ongoing basis and can be discussed at any point in time.

How I work:

I use the EFT (Emotionally Focused Therapy) approach to couples' therapy. This approach focuses on the dynamics between couples and the emotional impact each of their behaviours, and/or reactions, have on one another. Couples learn to identify their negative cycle, share their vulnerabilities; respond to each other's needs, and ultimately feel more connected.

Criteria used to evaluate progress:

1. Partners will lay their problems out on the table.
2. Partners will recognize the cycle that is keeping them emotionally distant and try to identify the needs and fears fuelling that cycle.
3. Partners will articulate the emotions behind their behaviour.
4. Partners will realize that they are both hurting and that neither is to blame.
5. Partners will identify and admit their emotional hurts and fears.
6. Partners will begin to acknowledge and accept the other's feelings and their own new responses to those feelings.

7. Partners will be drawn together through the expression of their emotional needs.
8. Partners will create new solutions to their problems.
9. Partners will consolidate their new positions and cycles of behaviour.

Expectations/Responsibilities:

I view the therapeutic process as a joint venture between the clients and therapist, thus all are working to help the clients move towards a healthy outcome. Consequently, I always welcome and encourage feedback.

Termination is an important part of the therapeutic and growth process. I therefore ask that clients come for at least one session to say goodbye and talk about their experience.

Limits to confidentiality:

Confidentiality is a fundamental principle of psychotherapy; however there are certain conditions under which I am legally required to release information to responsible authorities, namely:

- 1- if there is a real and imminent danger to yourself or others,
- 2- if there is serious concern that a child or inept elderly person is being hurt,
- 3- if I am mandated by court (including for information after you have died).

In cases of emergency or crisis:

-Feel free to leave a message for me at any time (203-226-0464). I always return phone calls as soon as possible. -In case of emergency, please go to the hospital and ask for psychiatry.

-In case of a crisis call 911.

"Risks":

During the process of therapy, a client may feel worse before they feel better. Problems may come up that require a referral to another provider.

Consent:

We have read and understood the above information and we consent to the conditions described above. We understand, however, that the goals and format of therapy may change as the process of therapy evolves.

We have received a copy of this document.

Therapist signature:

Date:

Clients' signatures:

Date: