



PEACE OF MIND THERAPY • 6502 GRAND TETON PLAZA STE 204 • MADISON, WI 53719

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## COUPLE CONFIDENTIALITY AGREEMENT

Peace of Mind Therapy, LLC uses the Accountability with Discretion approach to confidentiality in couple and family therapy. What you say in sessions will be confidential. **However**, there may be times that you speak with your therapist individually or you connect with your therapist alone (via telephone, mail, email, etc.) separate from your partner or other family members.

During that time, you may disclose information that you hold “secret” or away from you partner or family members. All information will be confidential **unless your therapist believes it will be detrimental to the progress of couple or family therapy**. The therapist will tell you when she/he believes the information/ “secret” will impede therapy. She/he may suggest individual sessions for a short time to give you time to deal with the issue.

**But your therapist will ask you to share the secret with your partner or family members in a joint session. You will be given 3 sessions to disclose the “secret”.** If you refuse to share the information with your partner or family members, the therapist **will not** share the specific information. However, **she/he will reserve the right to terminate therapy.**

Examples of a “secret” include but are not limited to; affairs (emotional and physical), addictions, gambling, abuse etc.

By our signatures, we acknowledge that we have read this and agree to it.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Therapist Signature \_\_\_\_\_ Date \_\_\_\_\_