

COUPLES THERAPY AGREEMENT

Date _____

I have requested to receive couples therapy for myself and my partner.

In therapy, we may work on issues such as:

- Effective communication patterns
- Assertiveness skills
- Listening skills
- Acceptance of differences
- Anger management
- Problems that may be pertinent to our relationship

I understand that:

1) The focus of couples therapy is to learn new skills to work on relationship problems; however, it is not possible to guarantee any outcome.

2) Couples therapy may also involve talking about family history, important life events, past relationships, and any past or present emotional difficulties.

3) Couples therapy works best when communication is open and honest, and when individuals take responsibility for their own feelings and behaviors, rather than blaming a partner.

4) Everything in the session is kept completely confidential by the therapist. It is recommended that issues brought up in session remain private between the couple, rather than discussed with family and friends.

5) If I am having any emotional problems, in addition to the issues we have come in for, the therapist may recommend other kinds of help for me.

I understand and accept the above purposes of couples therapy.

Client's Signature

Partner's Signature

Therapist's Signature