

## Couple Informed Consent Form

### TJocelyne Counseling & Consulting LLC

#### DOCUMENTATION OF INFORMED CONSENT FOR TREATMENT: COUPLES THERAPY

We understand that couples therapy begins with an evaluation of our relationship, past and present. While Tamarra Aristilde LMFT is deciding whether she is the appropriate therapist for us, we will decide whether we wish to begin couples therapy with her. We understand that because of the commitment of time and money, plus the potential impact on us and others (see below), it is important to make an informed choice for a couples therapist.

We have read and understand the potential limits of confidentiality, including those imposed by Tamarra Aristilde LMFT's policies and by state law, and we have received a copy to keep. [If we have dependent children, we have read and understood the potential limits of confidentiality regarding access to records in child custody cases].

We understand that information discussed in couples therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners. We agree not to subpoena Tamarra Aristilde LMFT to testify for or against either party or to provide records in a court action.

We understand all policies as described on the PATIENT INFORMATION sheet and accept them as conditions for entering into couples therapy with Tamarra Aristilde LMFT. We understand the limits and benefits of using insurance to pay for couples therapy. If we use insurance, we agree to provide all information needed to comply with insurance regulations. We understand that if we use insurance, Tamarra Aristilde LMFT will not retain control over information provided to the insurance company.

We have been given the opportunity to ask questions and discuss confidentiality and disclosure policies with Tamarra Aristilde LMFT. We understand that while working as a couple, anything either of us tells Tamarra Aristilde LMFT individually, whether on the phone or in an individual meeting, may not be held as confidential, and at Tamarra Aristilde LMFT's discretion may be shared with the spouse/partner during a subsequent couple session.

We agree to share responsibility with Tamarra Aristilde LMFT for the therapy process, including goal setting and termination. By entering into couples therapy, we accept that we both understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful, in order to reach therapy goals. We understand that the changes one or both of us makes will have an impact on our partner and on others around us. We accept that such changes can have both positive and negative effects and agree to clarify and evaluate potential effects of changes before undertaking them. [This is especially true if we have dependent children.]

Tamarra Aristilde LMFT has explained that her therapeutic focus in couples therapy is on preserving and enhancing the relationship rather than a focus on individual happiness.

OR. . . If remaining together is harmful to one or both partners, the focus will be on facilitating an amicable separation.

We agree to pay for all services provided by Tamarra Aristilde LMFT, including any charges not fully reimbursed by the insurance company. We understand that no insurance company will pay for missed sessions, and we agree to Tamarra Aristilde LMFT policy of charging if we fail to cancel appointments in advance.

By signing below, we agree to accept mental health services from Tamarra Aristilde LMFT and accept full responsibility for payment for such services.

Patient: \_\_\_\_\_ Date \_\_\_\_\_

Patient: \_\_\_\_\_ Date \_\_\_\_\_

Therapist: