

Couples “No Secrets Policy”

When I see a couple for couples’ therapy, the couple is my client, not the separate individuals. Most of our sessions will be couples sessions and you will both therefore be privy to all the information disclosed in those sessions. However, at some point in the process of treatment, it may be of therapeutic value to have a few individual sessions either in-person or by phone. By signing this piece of paper, you are agreeing to my couples’ “no secrets policy.” The policy can be summarized as follows:

If you disclose a piece of information to me individually (either in person, by phone, in a writing assignment, by email, text or any form of communication), I maintain the right to disclose that information to your partner if I believe it is relevant information. I will always give you the opportunity to share the information with your partner in-session before I will voice it myself.

This policy is important because it is counterproductive to split a couples’ therapist by force him/her to hold individual secrets while simultaneously asking him or her to maintain neutrality in order to help you heal your relationship. In short, secrets are a threat to the success of the couples’ treatment.

My signature below indicates that I do not hold Gretchen Mattox, LMFT, CSAT, CA License #86715, liable for upholding her “no secrets policy” as described above.

Printed Name and Signature

Today’s Date

Printed Name and Signature

Today’s Date