

Tara Hodgens, M.S., LMFT
Licensed Marriage and Family Therapist
410 S. Melrose Drive, Ste. 208
Vista, CA 92081
(619) 840-5487 Phone
(760) 842-7882 Fax

*Individual, Group &
Family Therapy*

MFC 43981

Couples Counseling Contract

Making the decision to seek couples counseling takes courage. Usually, the path to counseling results from repeated feelings of frustration and helplessness. Often, blame and anger have replaced acceptance and harmony. Counseling can provide a prospective on how the partnership is functioning and what can be done to enhance contentment for both members.

Healthy relationships take tremendous effort. In order to “get along”, people are challenged to develop new communication skills. Learning how to honestly communicate emotions, thoughts, opinions, and beliefs to the other partner requires risk-taking, patience and commitment. Couple counseling can pave the way for greater joy, understanding and hope by honoring the following standards:

- ♥ During the Assessment and Interview phase of counseling, both members of the partnership will determine mutual goals for therapy.
- ♥ Both members of the partnership will attend scheduled appointments. If one member cannot attend, then the appointment must be re-scheduled to allow both members to attend.
- ♥ When individual sessions take place with each member of the partnership, it is understood that in the event sensitive information (as listed below) is revealed that may interfere with the goals of therapy, the individual will be **expected to disclose** this ulterior threat to the relationship and/or understand that the information will be revealed in the course of any future couple counseling work:
 1. “Love interest, affair, or emotional attachment to another, other than the partner.
 2. Financial difficulties, debt and/or liabilities that may impact the partnership.
 3. Medical concerns such as sexually transmitted diseases.
 4. Legal problems such as court dates, DUI, etc.
 5. Chronic alcohol and/or substance abuse, pornography, gambling, etc.

I, _____, will honor these standards.

I, _____, will honor these standards.

Date: _____