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POLICY REGARDING COUPLE THERAPY

Please be informed of the following:

My therapeutic philosophy is systems oriented. I want to share my perceptions in regard to treatment with you. I believe that no person is an island. We live in context of self and relational patterns with others; being the past family of origin and the present nuclear family; friends and significant others. In that context I have worked with couples using the following therapeutic parameters:

- 1) There are no secrets such as affairs, economic issues and so on.
- 2) If data unknown to one partner is revealed in an individual session then I expect that data to be shared by the next appointment or during the next conjoint session.

I usually see the couple at the first appointment in a conjoint session. Next, I prefer to see each person individually at a separate appointment. At the fourth appointment I see the couple together and a decision is made together as to the continued pattern of treatment; such as: only couple therapy; and/or, continue the alternating couple and individual treatment program; and/or referral to another therapist for individual or couple work; and/or terminate treatment.

I understand and agree to the above parameters.

1) _____
Client Signature(s)

2) _____ / _____
Date

Laraine Tanzer, LCSW Date