**COUPLES COUNSELING AGREEMENT**

**Disclosure of Secret Information and Confidentiality Agreement**

This is an agreement between both parties regarding the ground rules for disclosure of secret information to the other party and confidentiality thereof.

Those in couples and marriage therapy agree **not to keep secrets** from each other.

* Couples and marriage therapy is most effective when there are no secrets.
* This is a psychotherapy with the purpose of improving psychological distress, relational duress, and behaviors which depend upon trust and openness during the therapy process.
* This requires accountability, integrity, honestly, trust, dependability, responsibility, and like characteristics in order for both parties to be able to trust the process.
* All information will be discussed in a couples session.
* Those wishing to reveal secret information agree to **first** disclose this with the counselor in an individual session.
* The counselor will decide if there is therapeutic benefit to self-disclose and may choose against such disclosure if believed that this would not be beneficial to the therapy of the individual and/or couple.
* For full disclosures, the counselor will work with the individual on how to best disclose the information in a shared session with the least amount of distress to the other party.
* The counselor and HHCS shall be held harmless for damage caused by any information revealed in the couples setting that was not first disclosed to and coordinated with the counselor.

Each party agrees not to ask the counselor to disclose individual session information of the other.

Each party agrees not to use information provided during the therapy process against the other party in a legal or judicial setting of any kind. Parties also agree not to attempt to try to subpoena the counselor or HHCS for testimony, records, disposition, affidavit, or to be involved in a court hearing for any reason, against the other member of the couple; even in case of divorce or child custody battles.

Each party agrees to keep all session information confidential:

* HHCS makes every effort to secure this information in a confidential manner.
* If the counselor chooses to disclose any of their own personal information, this too shall be held confidential.
* No session information is to be discussed outside of the session, leaked, or put on social media.
* Each party agrees to maintain the confidentiality of the other and the session as a whole.
* It is possible that one party may share this confidential information.
* HHCS shall not be held liable for harm caused any party who chooses to defy this agreed therapeutic protocol of confidentiality.

By their signatures below, the parties agree to the above.

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