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Confidentiality Agreement for Couples

During the course of couple therapy, there may be a combination of individual and joint sessions. When individual sessions occur, such sessions are to be viewed by the couple as part of the couple therapy. With this understanding, in signing this form, you agree that anything you share in an individual session may be discussed in subsequent therapy sessions where your partner is present. This does *not* mean that I will necessarily bring up every issue you have discussed in individual sessions. It simply means that you give permission to do so if I believe it is important to the health of your relationship.

My policy of not keeping secrets is designed to help everyone feel safer in therapy. It also allows me to be completely honest, without having to worry about who told me what, when. If you have any questions about whether a topic needs to be brought up in a joint session, please ask me *before* sharing any actual details of your particular situation. If you have reservations about raising a topic, I am happy to refer you to another therapist for individual therapy in order to give the matter proper attention.

This agreement also applies to phone calls, voice messages, and email. If you contact me between sessions, I will expect you to let your partner know that you have done so. Contents of phone calls, voice messages and email may be shared. By signing this agreement, you give me permission to discuss any information shared with me privately with the other person regularly attending therapy with you.

Name (Printed)

Signature

Date

Name (Printed)

Signature

Date