

Providence Psychotherapy
Marital/Couples Therapy Agreement

Confidentiality

All information between therapist and *client* is held strictly confidential unless:

1. The client authorizes the release of information with his or her signature.
2. The client presents as a physical danger to self or others
3. Child/elder abuse neglect suspected. *Therapists are mandated reporters.

***Your therapist *does not* assess, make determinations or provide opinions of ability or disability to work, child custody, legal issues of divorce, mental competency, mental status, about any other legal issues, or appear in court to provide testimony for any kind of court-related case. You agree to this by signing this form**

Marital/ Couples Therapy Confidentiality Exceptions

A ***no secrets*** policy applies in couples counseling. Secrets are counterproductive for creating healthy, connected relationships. If you have a secret, you find hard to share, either do not tell your therapist or let her know privately so she can help you process it and share it with your partner. It is understood that the couple *is the client* in couple's therapy. If you participate in couples therapy, any individual sessions are considered under the marital/couples confidentiality agreement and are billed as such.

Financial Agreement

Fees for marital/couples therapy services are \$150.00 for (55 min) regular sessions. Sessions longer than 55 minutes are billed in increments.. Optional online Gottman Relationship Checkup Assessment available for \$100. *By signing this form, you agree to pay all of your therapist's expenses as well as time used in the process of recovering any outstanding balance for services.*

Contact Information / Scheduling

Text 478-396-8388. Your therapist will respond as soon as possible. Your therapist may be out of the office for training, illness or time off and cannot always guarantee weekly or biweekly appointments or specific regular appointment days or times. My therapist may contact me by phone, text, mail and email. Phone, text, mail and email are not HIPAA compliant means of communication. Download the pMD app for confidential texting.

Emergency Procedures

If you have an emergency, call 911. If you want a consultation outside of a session, text stating your need. Your therapist will respond at her earliest availability. Your credit card will be charged a fee for out of session consultations.

Consent and Authorization for Therapy Services

I authorize and request that my therapist carry out mental health assessments and treatments. I understand that although therapy is helpful, it can be uncomfortable at times. I enter into therapy services willing and so advised. No guarantees are made for results of therapy services. My therapist can discontinue services and refer elsewhere at any time she deems clinically appropriate.

By signing below, I attest that I have read, understood and agree to all of the above information.

Client's Printed Names _____ Date _____

Client's Signatures _____

MARITAL & COUPLES COUNSELING

Patti McCurdy, LMFT has completed **all 3 levels, Levels 1, 2 and 3, Gottman Method Couples training** and provides intensive marital therapy utilizing the treatment model and assessment tools of the Gottman Institute. The assessments used are derived from nearly 40 years of research and implementation. The use of **EFT, Emotionally Focused Couples Therapy**, is used to enhance the Gottman Method for maximum results in treatment. Both methods have been empirically tested with long term positive results. Your results will vary based on your relationship, commitment level, and degree of effort.

Time Commitment

If saving your marriage is a priority you will want to be seen regularly. Marital/Couples Therapy begins with a very comprehensive assessment of the marriage using Gottman Method Tools. After completing their assessment, most couples choose to have therapy sessions 2-6 times a month based on personal needs. The duration of treatment varies, but typically couples attend 6-10 sessions and then check and evaluate progress.

Cost

The cost for marital therapy is exponentially cheaper than the average cost of a divorce. Marital therapy is a valuable investment that produces a return in the emotional and relational aspects of your lives. Moving toward greater peace, joy and clarity is possible. Quality marriage counseling can be an essential in creating positive movement, connection and happiness in your relationship. Fees are as follows:

- Gottman Online Sound Relationship House Relationship Checkup through the Gottman Institute- one-time fee of \$100.00
- Initial and Subsequent Sessions- \$150.00 initial assessment 60–75-minute session. \$135.00 subsequent session 55–60-minute sessions.
- Session running over 60 minutes are billed in time increments of \$15 per additional 15 minutes. If you don't want the session to run over 60 minutes advise the therapist, otherwise the therapist will continue as time permits until sufficient resolution is achieved. Sessions are charged based on the time of each session.
- Marital/Couples Therapy is self-pay. Why? Most insurance companies do not cover the treatment of marital/couples problems. Insurance is designed for the treatment of a medical diagnosis in an individual identified patient. Often family therapy is covered as a compliment to individual therapy, but the sole focus remains on treating the medical diagnosis in the identified patient. Filing insurance is contradictory for effective couples therapy as it limits the focus of treatment, the amount of time in therapy per session, and the type of confidentiality that shapes the therapeutic relationship. Effective couples therapy requires the identified client to be the couple and for the focus of treatment to be on the relationship dynamics. This makes it possible to treat affairs, conflict, communication, intimacy and other issues of marital/relationship breakdown. If you attend couples therapy, any individual sessions you have will share the same confidentiality as couple's sessions and are considered part of couple's therapy and charged as such. If you want individual therapy with individual confidentiality your therapist can refer you to another therapist for individual sessions.
- Payment is due at the time of service.

What to Expect:

Initial Assessment

You and your partner will attend the first session together to complete the Initial Couples Assessment. You will have an opportunity to voice your complaints and desired results, as well as give the therapist an opportunity to complete a history interview of your relationship. Your second appointment may allow for each partner to be assessed individually *if deemed necessary or requested*. After the initial assessment, you will receive feedback, establish treatment goals and begin interventions to strengthen and repair your relationship. Couples typically attend 7-10 sessions then evaluate progress. Needs vary from couple to couple. Couples are open to return to therapy as the need arises in the future.

*** The treatment of infidelity requires additional sessions. Infidelity is handled first to bring relief, begin healing the damage done by the infidelity and rebuild trust in the relationship. Other problems are addressed in later sessions.*

During Treatment

Subsequent sessions are an average of 55+ minutes each at the time length and frequency determined based on your needs. In addition to scheduled appointments, your therapist will give you homework exercises to practice between sessions. *** Attending therapy frequently enough and actively engaging in homework exercises is vital to obtaining positive results.*

Therapy is helpful for most people with most issues. Assessment forms have been designed by The Gottman Institute and copyright permission has been granted to Patti McCurdy, LMFT to reproduce these materials for use with her clients in couples therapy and for no other use.