



Modern Wellness Psychotherapy & Healing

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## **Couple Informed Consent Form**

We understand that couple's therapy begins with an evaluation of our relationship, past and present. We have read and understand the potential limits of confidentiality, including those imposed by Modern Wellness Psychotherapy & Healing's policies and by state law, and we have received a copy to keep.

We understand that information discussed in couple's therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners. We agree not to subpoena Modern Wellness Psychotherapy & Healing and treating provider to testify for or against either party or to provide records in a court action.

We understand all policies as described on the PSYCHOTHERAPY AND COUNSELING AGREEMENT and accept them as conditions for entering into couple's therapy at Modern Wellness Psychotherapy & Healing. We understand the limits and benefits of using insurance to pay for couple's therapy. If we use insurance, we agree to provide all information needed to comply with insurance regulations. We understand that if we use insurance, Modern Wellness Psychotherapy & Healing will not retain control over information provided to the insurance company.

We have been given the opportunity to ask questions and discuss confidentiality and disclosure policies with our provider at Modern Wellness Psychotherapy & Healing. We understand that while working as a couple, anything either of us might say to the provider individually, whether by phone or in an individual session *may not be held as confidential, and at the providers discretion may be shared with the spouse/partner during a subsequent couple's session.*

We agree to share responsibility with our provider for the therapy process, including goal setting, and termination. By entering into couples therapy, we accept that we both understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful, in order to reach therapy goals. We understand that the changes one or both of us makes will have an impact on our partner and on others around us.

We accept that such changes can have both positive and negative effects and agree to clarify and evaluate potential effects of changes before undertaking them. This is especially true if we have dependent children.

A provider with Modern Wellness Psychotherapy & Healing has explained the therapeutic focus in couple's therapy is on preserving and enhancing the relationship rather than a focus on individual happiness and alternatively, if remaining together is harmful to one or both partners, the focus will be on facilitating an amicable separation.

We agree to pay for all services provided by Modern Wellness Psychotherapy & Healing. We agree to all policies of charging if we fail to cancel appointments in advance.

By signing below, we agree to accept mental health services from Modern Wellness Psychotherapy & Healing and accept full responsibility for payment for such services.

Client \_\_\_\_\_

Date \_\_\_\_\_

Client \_\_\_\_\_

Date \_\_\_\_\_