



# RELATIONSHIP THERAPY GUIDELINES

PORTLAND MENTAL WELLNESS  
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## “NO SECRETS POLICY”

When a couple enters into counseling, the relationship itself is considered to be the client. This means that my allegiance is to each of you and not to partners as individuals.

This policy is intended to allow me to treat the couple or family by preventing, to the extent possible, a conflict of interest to arise where an individual’s interests may be opposed to the interests of the relationship.

On rare occasion, individual partners may attend a counseling session alone. In this case, the individual session is still considered a part of the relationship’s counseling process. Information disclosed during individual sessions may be essential to the successful treatment of the relationship. If an individual chooses to share information with me I will offer the individual every opportunity to disclose the relevant information. If you refuse to disclose this information it is likely that relationship thereapy may not be effective or helpful.

If and when an individual desires to address a confidential issues, I will gladly provide a referral to a therapist who can provide individual therapy.

This policy is intended to maintain the integrity of the therapeutic alliance. with all partners. I certify by my signature below that I have read, fully understand, and agree to abide by the terms stated above.

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