

Becky Z. Moorefield, LCSW

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Couple Informed Consent/Treatment Agreement

We understand that couples therapy begins with an evaluation of our relationship, past and present. While Becky Z. Moorefield, LCSW (Becky) is deciding whether she is the appropriate therapist for us, we will decide whether we wish to begin couples therapy with her. We understand that because of the commitment of time and money, plus the potential impact on us and others (see below), it is important to make an informed choice for a couple's therapist.

We have read and understand the potential limits of confidentiality, including those imposed by Becky 's policies and by state law, and we have received a copy to keep. *[If we have dependent children, we have read and understood the potential limits of confidentiality regarding access to records in child custody cases].*

We understand that information discussed in couples therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners. We agree not to subpoena Becky to testify for or against either party or to provide records in a court action.

We understand all policies as described on the Informed Consent sheet and accept them as conditions for entering into couples therapy with Becky. We understand the limits and benefits of using insurance to pay for couple's therapy. If we submit claims against our out of network insurance benefits, we agree to provide all information needed to comply with insurance regulations. We understand that if we use insurance, Becky will not retain control over information that you provide to the insurance company.

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

We agree to share responsibility with Becky 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.]*

Becky has explained that her therapeutic focus in couple's therapy is on preserving and enhancing the relationship rather than a focus on individual happiness. However, if remaining together is harmful to one or both partners, or to dependent children, the focus may be on facilitating an amicable separation.

If we start out seeking couple's therapy, we understand that the **couple** is the identified client. Individuals will only be seen in order to assist in the couple's work. If couple's therapy is terminated, the individuals will need to seek individual therapy from a different provider as needed

We agree to pay for all services provided by Becky, including any charges not fully reimbursed by any claims you make with your insurance company. We understand that no insurance company will pay for missed sessions, and we agree to Becky's policy of charging full session fees if we fail to cancel appointments 24 hours in advance.

By signing below, we agree to accept mental health services from Becky and accept full responsibility for payment for such services, and release her from liability and hold her as harmless in services/outcomes provided.

Client signature _____ Date _____

Client signature _____ Date _____

Becky Z. Moorefield, LCSW _____ Date _____