

## INFORMED CONSENT FOR SPECIAL CIRCUMSTANCES: COUPLES AND FAMILY THERAPY\*

### COUPLES THERAPY

The purpose of couples therapy is for clarification, reconciliation, and healing and therefore is at cross-purposes, at times, with legal action that is adversarial by definition. In these cases, **no information** may be released for either party without written consent of both parties because, technically, the couple relationship itself *is* the client. This agreement makes any and all information from the therapy available to both parties of a legal dispute; therefore, I find it in the best interest of the therapeutic process for both parties to agree not to subpoena the therapist for either side in the event of a divorce or custody trial.

In addition, information received from either party via phone calls, voice mail, and/or written communication will not generally be kept secret because to keep such information secret would impede the therapeutic process and relationship.

I agree not to subpoena therapy records in the event of a legal proceeding.

_____ Signature	_____ Date
_____ Signature	_____ Date
_____ Witness	_____ Date

### FAMILY THERAPY

In family therapy, the family is the client. No information may be released without the consent of all parties to whom confidentiality belongs. As outlined in the couples' therapy section (above), I find it in the best interest of the therapeutic process for all parties to agree not to subpoena the therapist in the event of a legal proceeding.

In addition, information received from any party via phone calls, voice mail, and/or written communication will not generally be kept secret because to keep such information secret would impede the therapeutic process and relationship.

_____ Signature	_____ Date
_____ Signature	_____ Date
_____ Witness	_____ Date

\*Adapted by permission from M. Anderson. (2005). *Informed Consent for Special Circumstances*. Form distributed at a meeting of the Ethics Committee, Georgia Psychological Association, Atlanta, GA.