

# Couples and Family Therapy Policy

If you are here to work on a relationship problem, it's important for you to understand what we believe about relationships and our approach to couples and family work.

Our therapists draw upon the Gottman Method, Emotional Focused Therapies, and Behavioral methods to improve your relationship. We also practice within a trauma-informed and attachment-based approach. We work collaboratively with couples to change negative interactional patterns, focus on emotional repair and build skills to create safety and improve the expression of love, intimacy, friendship and positive affect. We do not believe that one person is the problem in the relationship, as it will require both of you to work on changing negative dynamics that may have evolved over time in the relationship or due to emotional injuries.

Your therapist also does not have preconceived notions about whether you should stay together or part ways. We believe it is important to explore such questions openly, honestly, and thoroughly. Once your goals are established, your therapist will work to support you in achieving them, whatever they may be. Second, you are entrusting your therapist to use his/her professional judgment as it relates to individual confidences.

By signing this form, you are acknowledging that anything you communicate to your therapist individually by phone, email, or any other means may be important to bring up and work on in a couples or family therapy session, and your therapist may share such communication between the members of the couple or family.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_