



Katherine Latter Counseling, PC —*seeing you through the seasons of your life*

“NO SECRETS POLICY” WHEN TREATING A COUPLE OR A FAMILY

This written policy is intended to inform you, the participants in therapy, that when I agree to treat a couple or family, I consider that couple or family (the treatment unit) to be the client. For instance, if there is a request for treatment records of the couple or the family, I will seek the authorization of all members of the treatment unit, before I release confidential information to third parties. Also, if my records are subpoenaed, I will assert the psychotherapist-patient privilege on behalf of the client (treatment unit).

During my work with a couple or a family, I may see a smaller part of the treatment unit (e.g., and individual or two siblings) for one or more sessions. These sessions should be seen by you as part of the work that I am doing with the family or couple, unless otherwise indicated. If you are involved in one or more of such sessions with me, please understand that generally these sessions are confidential, in the sense that I will not release any confidential information to a third party, unless I am required by law to do so, or I have the authorization of the other individuals in the treatment unit, before releasing confidential information to a third party.

However, I may need to share information learned in an individual session (or a session with only a portion of the treatment unit present) with the entire treatment unit—that is, the family or the couple, if I am to effectively serve the unit being treated. I will use my best judgment whether, when, and to what extent I will make disclosures to the treatment unit, and will also, if appropriate, first give the individual or the smaller part of the treatment unit, being seen, the opportunity to make right the disclosure. Thus, if you feel it necessary to talk about matters that you absolutely want to be shared with no one, you might want to consult with an individual therapist, who can treat you individually.

This “no secrets” policy is intended to allow me to continue to treat the couple or family by preventing, to the extent possible, a conflict of interest to arise where an individual’s interests may not be consistent with the interest of the unit being treated. For instance, information learned during an individual session may be relevant or even essential to the proper treatment of the couple or the family. If I am not free to exercise my clinical judgment regarding the need to bring this information to the family or couple during their therapy, I might be placed in a situation where I have to terminate treatment of the couple of family. This policy is intended to prevent the need for such a termination.

We, the members of the _____
(couple/family or other unit) being seen, acknowledge by our individual signatures below, that each of us has read this policy, that we understand it, that we have had an opportunity to discuss its contents with Katherine Latter, M.A., and that we enter couple/family therapy in agreement of this policy.

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