

Issues to Consider in Couples Therapy

Risks and Benefits:

Therapy can be a process that helps clarify what each partner can and wants to give and receive in the relationship. The outcome of couples therapy may be improved relationship and communication skills, or it may be a decision to end or significantly change the nature of the relationship.

Secrets Policy:

There may be times when I will meet with each member of the couple individually for assessment or treatment purposes. Unless otherwise agreed upon, any information each partner shares with me will be held in confidence. Many therapists have a “no secrets” policy, but I welcome secrets. I want you to be fully honest about what is happening in the relationship, and, if there is information I think should be revealed to the partner, I will endeavor to facilitate this disclosure.

Motivation to Change:

Change can be uncomfortable. In order to make a change in your relationship, you will often need to do things in new and different ways, even if they are uncomfortable. You will spend 1 hour per week with me and the other 167 hours per week on your own. I will often give homework assignments designed to help you practice new skills and experiment with new and intentional ways of being. The more time and effort you put into these, the more likely you are to make lasting changes.