

# Paul J. LaChance, PhD

Licensed Professional Counselor

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### No Secrets Policy

As we work together in couple counseling, my therapeutic focus is on your relationship, as a unit rather than on either of you as individuals. During the course of our work, there will be occasions when I receive information from one or another of you. I will, for example, meet separately with each of you to complete the initial evaluation. These individual sessions are a necessary part of the work so that I can effectively comprehend what each of you brings to the relationship. Often individuals contact me outside of sessions and share information with me.

I cannot guarantee confidentiality regarding such information. Anything disclosed within the context of the individual sessions will need to be discussed openly in the course of the couple counseling. I will hold nothing in confidence between you but will use my best judgment as to whether, when and to what extent and by whom these disclosures will be made so as to promote safety and wellbeing of each person. I may, when possible, give the individual the opportunity to self-disclose.

I may also suggest suspending couple counseling until such time as the individual is willing and able to discuss the revealed information in a couple session. For example, couple therapy is contraindicated in cases of an ongoing affair. It may be necessary to pause couple therapy until such time as the individual is ready to end the affair and to commit to healing after the affair.

Thus, if you feel it necessary to talk about matters of a highly sensitive nature that you do not want shared, you may wish to consult with your individual therapist rather than confide the information to me. This No Secrets Policy is intended to allow me to continue treating you as a couple, without creating a conflict of interest or alignment with either party over the wellbeing of the relationship. If I am not free to exercise my clinical judgment regarding the need to reveal information shared, then I may have to terminate treatment. This policy is intended to avoid that outcome.

Clients' Signatures:

Date:

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