

COUPLES THERAPY DISCLOSURE ADDENDUM

Emily Sinclair Counseling, PLLC

Welcome to both of you. Thank you for giving me the opportunity to work with you as a couple. In my practice, I use a variety of evidence-based therapy methods in my work with couples, such as: Emotionally Focused Couples Therapy (EFT), Dialectical Behavior Therapy skills (DBT), and Internal Family Systems Therapy (IFS), as well as Mindfulness and Mind-Body techniques to help clients regulate physiology during periods of intense emotion or conflict. The primary techniques and tools that I use to treat couples are based on the principles from Gottman Method™ Couples Therapy. It is my job to facilitate what is needed for your relationship: some couples want to repair, some couples want to improve, and some couples want to successfully end their relationship through a therapy process.

Overview of Gottman Method™ Couples Therapy: The Gottman Method of Couples Therapy is based on Dr. John Gottman's research that began in the 1970s (most at the University of Washington) and continues to this day. The research has focused on what makes relationships succeed or fail. From this research, Drs. John and Julie Gottman have created a "nuts-and-bolts" approach to improving clients' relationships, which includes psycho-education, methods to understand, move through, and manage conflict, an awareness of physiology during conflict, and specific relationship skills and practices found in successful, happy relationships.

The Gottman Method is designed to help teach specific tools to deepen friendship and intimacy in your relationship. To help you productively manage conflicts, you will be given methods to successfully solve "resolvable problems," and manage and dialog about "gridlocked" (or perpetual) issues. You will be taught to self-soothe (or take breaks) during points of intense stress and overwhelming emotion, so that your physiology doesn't "take over" and put you into a neurologically flooded, fight - flight - or freeze mode of functioning. We will also work together to help you appreciate your relationship's strengths and to gently navigate through its vulnerabilities.

The Therapy Process: In the first session(s), we will talk about the history of your relationship, areas of concern, and your mutual and individual wants for couples therapy. In the next session or two, I will interview each of you about your family of origin, early life, relationship role-models, and history with conflict resolution styles. Then, we will work together to define mutually agreed upon goals for your therapy. We will revisit and evaluate your goals, and update the goals as therapy proceeds.

I may give you goals, books to read, or exercises between sessions. *Although much learning and insight will happen in our sessions together, the bulk of the process to repair and improve your relationship must happen between sessions, as you and your partner work to change your patterns and interactions, and practice new and more successful ways of being in relationship.*

The length of therapy depends on your specific case. In the course of therapy we will evaluate your satisfaction and progress. Also, I encourage you to raise any questions or concerns that you have about therapy at any time.

COUPLES THERAPY DISCLOSURE ADDENDUM (continued)

Emily Sinclair Counseling, LLC

No Secrets Policy: The majority of the therapy will involve sessions where you will be seen together as a couple, however, there may be times when individual sessions are recommended. If we schedule individual sessions for any reason (per your request, or my suggestion), or if you communicate with me in any way that does not include your partner (email, phone calls, texts), you must know that **in no way and at no time are secrets* held in couples therapy.** For treatment to be successful, any information that you share with me must be shared with your partner. (*The confidential exception to the "no secrets" rule is if either partner is being threatened, abused, or feels in danger. In these cases I will help you take appropriate steps to become safe.)

Complex Cases: If you have a complex case, or a relationship in extreme crisis, you may require a more in-depth process which may include written assessments that will help us better understand your relationship. Fees for the written assessment evaluation are based on the number of hours needed to complete the process, approximately 1 to 2 hours of paperwork out of session. For this work, I charge my normal couples session fee per hour, and pro-rate the fee, if applicable (i.e.: 1.5 hours = \$150 x 1.5). This paperwork fee will be added to the next session fee.

Agreement: We agree to psychological treatment with Emily Sinclair, MA, LMHC. We acknowledge having received and fully read a copy of the following document, have had the opportunity to ask questions and get clarification, and agree to the policies therein.

- Couples Therapy Disclosure Addendum

This consent shall be in effect for the duration of treatment.

Please print your name

Client Signature

Date

Please print your name

Client Signature

Date



Emily Sinclair, MA, LMHC

Date