

Cypress Creek Counseling

Karen Berner Arcuri, LLC
Licensed Mental Health Counselor
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703C 60th Street Court East
Bradenton, FL 34208
941-920-0189

GUIDELINES FOR COUPLES COUNSELING

Consistency/Frequency: Couples therapy is more effective when both individuals in the partnership attend appointments in a consistent manner. I will generally meet with you on a weekly basis for approximately 50 minutes. I may also choose to meet with each partner of the couple individually for therapeutic purposes. I will communicate my intention and rationale to you prior to scheduling individual sessions.

Attendance/Cancellations: The established appointment time is set aside for a particular couple. It is expected that you will be prompt for your appointment. If you or your partner arrives late for your appointment, the session will only start with both individuals present, and the session will still end at the regularly scheduled time. If, for whatever reason, only one partner shows up to the session, the session will be *cancelled and you will be charged for the missed session*. If one partner is late in arriving for a session, the session will not commence until both partners are present. I will not provide sessions for individuals, unless specifically scheduled with prior knowledge from both partners.

“No Secrets” Policy When a couple enters into counseling, it is considered to be one unit or one entity. This means that my allegiance is to the couple “unit” and not to either partner as individuals. I find this is particularly important in creating a space where both partners can feel safe. Therefore, I adhere to a strict “No Secrets” policy. This means that *I will not hold secrets for either partner*

Shared Information: On occasion during the counseling process, individual partners may be seen for an individual counseling session. In this case, the individual session is still considered as part of the couple’s counseling relationship. Therefore, *information disclosed during individual sessions may be brought into the couple’s sessions*. If an individual chooses to share sensitive information with me, I will offer the individual every opportunity to disclose the relevant information and will provide guidance in this process. If the individual refuses to disclose this information within the couple’s session, I may determine that it is necessary to discontinue the counseling relationship with the couple. Therefore, *do not tell me anything that you wish to be kept a secret from your partner*. This policy is intended to maintain the integrity of the counseling relationship. If there is information that an individual desires to address within a context of individual confidentiality, I will be happy to provide referrals to therapists who can provide concurrent individual therapy.

Confidentiality: I will adhere to the ethical and legal requirements of confidentiality as stated on your individual informed consent form. I cannot, however, ensure that you and your partner will maintain confidentiality about your therapeutic experience including content discussed within the couples’ counseling session.

Contact between Sessions and Emergencies: I am available by phone between therapy sessions; however, I do not provide over-the-phone therapy sessions. **In the case of an emergency (unable to manage thoughts of harming yourself/others), please call 911 immediately.** I will make every effort to return phone calls within a 24 hour period. *Phone calls lasting more than 15 minutes will result in a phone consultation fee, billed at the rate of \$30/15 minutes.* Additionally, we can discuss your emotional challenges between sessions and develop an action or safety plan.

The signatures here show that we each have read, discussed, understand, and agree to abide by the points presented above as indicated by my signature below.

Client

Date

Client

Date

Karen Berner Arcuri, LMHC

Date