

Debra Kaplan, LLC
MA, MBA, LPC, LISAC, CMAT, CSAT-S
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"No Secrets" Policy with Couples or Families

This written policy is intended to inform you, the participants in therapy, that when I agree to treat a couple or a family, I consider that couple or family (the treatment unit) to be the patient. For instance, if there is a request for the 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. **If my records are subpoenaed, I may or may not be able to assert the therapist-patient privilege on behalf of the treatment unit and preserve confidentiality.**

Initial _____

During the course of my work with a couple or a family, I may see or speak separately with a smaller part of the treatment unit (e.g., an individual or two siblings). These discussions should be seen by you as a part of the work that I am doing with the family or the couple, unless otherwise indicated. If you are involved in one or more of such discussions with me, please understand that generally these discussions 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 unless I have your written authorization. In fact, since those discussions can and should be considered a part of the treatment of the couple or family, I would also seek 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 discussion (or a discussion with only a portion of the treatment unit being 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 as to 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 the disclosure. Thus, if you feel it necessary to talk about matters that you absolutely do not wish to be shared in our therapy, you may want to consult an individual therapist who can treat you individually and separately from our treatment.

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 interests of the unit being treated. For instance, information learned in the course of an individual discussion may be relevant or even essential to the proper treatment of the couple or the family.

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"No Secrets" Policy with Couples or Families Cont'd.

If I am not free to exercise my clinical judgment regarding the need to bring this information to the family or the couple during their therapy, I might be placed in a situation where I will have to terminate treatment of the couple or the family. This policy is intended to prevent the need for such a termination.

Additionally, at times, one of the individuals in the coupleship or family may wish to seek individual therapy with me. Before I make such an agreement and if that decision is appropriate to do so, I will only make the decision with the written consent (herein) and the acknowledgement of the couple or adult family members.

Individual Signature: _____

Date: _____

Individual Signature: _____

Date: _____

Therapist Signature: _____

Date: _____