

Polly Gravely, MS, LPC

833 SW 11th Ave. #428
Portland, OR 97205
(503) 388-5710
info@pollygravely.com

Confidentiality and Couples

The information an individual reveals in a counseling session is confidential, with a few exceptions determined by law (see my Professional Disclosure and Treatment Consent Form for details). This rule of confidentiality also applies to couples' therapy in the following way:

- 1) Confidentiality is held jointly by both partners. Unless one of the legally prescribed exceptions applies, I cannot divulge any information to an outside party unless both of you consent.
- 2) While I am bound to keep confidential what you tell me, I have no control over what your partner might reveal to others outside of the session. I strongly encourage each of you to make a commitment to respect each other's confidentiality so that you may each participate freely in the counseling process.
- 3) It's possible that during the course of therapy I may meet with one of you individually. If at this time you should tell me something that is secret from your partner and it seems significant to the counseling process or the integrity of your relationship, I will likely encourage you to reveal the information to your partner in a subsequent session.

This policy also applies to any phone calls, emails, or letters received by me from one of you containing content relevant to therapy. If you contact me individually, please inform your partner and know that I will need to let them know you contacted me in the next session. This is important to maintain openness and trust in the counseling process.

If you have any concerns about this policy, please feel free to discuss it with me.

By signing below you indicate you understand and agree to this policy.

Partner Signature _____ Date _____

Partner Signature _____ Date _____