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Couple Therapy Policy

If you are here to work on a relationship problem, it's important for you to understand what I believe about relationships and marriage. I believe it is important to explore relationship questions and concerns openly, honestly, and thoroughly. Once your goals are established, I will work diligently to support you in achieving them, whatever they may be. When entering into couples therapy with me as your psychologist, you are entrusting me to use my professional judgment as it relates to individual confidences. This entails you are acknowledging that anything you communicate to me individually by phone, email, or any other means may be important to bring up and work on in a couple therapy session, and I reserve the right (but not the obligation) to do so.