



Licensed Clinical Social Worker Corp.

No Secrets Policy for Couples and Families

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

On occasion during the counseling process, individuals of the unit may be seen for an individual counseling session. In this case, the individual session is still considered as part of the couple’s or family’s counseling relationship. Information disclosed during individual sessions may be relevant or even essential to the proper treatment of the couple or family. If an individual chooses to share such 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 or family’s session, I may determine that it is necessary to discontinue 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. This policy is intended to maintain the integrity of the couples/family counseling relationship.

Updated July 2020