

Couples Therapy Consent Form

This **couples therapy consent form** sample template provides a clear and comprehensive agreement to ensure mutual understanding between therapists and clients. It outlines confidentiality, session expectations, and the rights and responsibilities of both parties. Using this template helps establish a professional and ethical foundation for effective therapy.

1. Introduction

This consent form is intended to clarify the terms and expectations of couples therapy at [Practice Name/Your Name]. By signing, clients acknowledge understanding and acceptance of the information provided below.

2. Confidentiality

- All information shared in sessions is kept confidential, except in cases required by law (e.g., imminent harm, abuse reporting obligations).
- With the couple's permission, information may be shared with other professionals involved in your care.
- Records of sessions are maintained securely and may only be accessed by the therapist unless otherwise authorized in writing.

3. Session Expectations

- Therapy sessions are typically scheduled for [length, e.g., 50 minutes].
- Both partners are expected to participate actively and respectfully.
- Session goals and progress are reviewed periodically.

4. Rights & Responsibilities

- Clients have the right to ask questions and receive information about their therapy.
- Clients may discontinue therapy at any time.
- Therapist is responsible for providing a safe, nonjudgmental environment and evidence-based interventions.

5. Cancellation & Fees

- Sessions cancelled with less than [e.g., 24] hours notice may be subject to a cancellation fee.
- Session fees, payment policies, and insurance details (if applicable) are reviewed during intake.

6. Consent

We, the undersigned, acknowledge that we have read, understood, and agree to the terms outlined above for couples therapy.

Partner 1 Name: _____

Signature: _____

Date: _____

Partner 2 Name: _____

Signature: _____

Date: _____

Therapist Name: _____

Signature: _____

Date: _____

This form is a sample template and should be adapted to meet the specific requirements and legal standards of your region or professional association.