



## **Release of Confidentiality for Marriage Therapy**

As a couple, we agree to engage in marital therapy which will include both joint and individual sessions. I understand my right to confidentiality in individual sessions, but am willing to waive that right so that information shared in individual sessions can be shared in joint sessions at the discretion of the therapist.

I also understand that my therapist believes that marriage therapy is typically most successful when a couple is willing to be completely open with the therapist and with each other. For this reason, my therapist has explained that he or she encourages full disclosure of information between my partner and me. I understand that information shared with the therapist will need to be discussed in joint sessions to maintain an atmosphere of openness.

Client Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_