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Licensed Marriage and Family Therapist

## No Secrets Policy

When I agree to work with a couple or family, I consider that couple or family unit to be the client (rather than individuals). Sometimes one individual in the unit shares information with me that they may want me to keep confidential from the other individual(s) in the unit. In most cases holding secrets within the context of therapy is counter-productive to therapeutic goals. I will work with whoever has the secret on a plan to share the secret with the unit, but I may need to share the disclosure at my discretion if I am to effectively treat the treatment unit.

Consequently, if you feel it is imperative to talk about a matter that you absolutely want shared with no one, you may want to consult an individual therapist who can treat you individually. This no secrets policy is intended to allow me to continue to treat the "unit" by preventing a conflict of interest to arise where an individual's interest may not be consistent with the interests of the unit being treated. If I am not permitted to exercise my clinical judgment, I might be placed in an unethical situation, where I may need to terminate therapy. This policy is to prevent the need for such a termination. Lastly, you should be aware that if there is a request for treatment records of the couple or family, I will seek the authorization of all members of the treatment unit who consented for treatment before releasing information.

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