

## PhoenixWay to Holistic Natural Health

### Communication/Confidentiality Guidelines for Couples Clients Who Are Also in Individual Therapy

Please try to keep what is worked on and shared in your individual sessions (with me or another therapist) as private as possible. Of course, you have the right to share, but I ask you to carefully consider *what* to share if at all. I especially ask that you consider *not* sharing what is discussed about your partner. I do try to keep that kind of conversation to a minimum, but occasionally it is helpful to help you better understand where he or she might be coming from, his/her diagnosis, or how to deal with him or her more effectively. That information is not meant to be used in any kind of disparaging manner but only to improve the relationship. Of course, you can also tell me specific information you do *not* want me to share, and I will honor that. Since your relationship is struggling, sharing information about your session with your partner will not likely be safe and possibly can and will be used against you. It's truly for your own benefit to keep your session confidential.

Please do not try to interpret what I (or another therapist) may have said, especially about your partner, to him or her. I am speaking in a trained, experienced therapeutic way when I do that, and you are likely *not* talking this way when you are attempting to relay that information.

Please do not attempt to use what I (or another therapist) may say against your partner. As I try very hard not to take sides, that would not be fair or likely true, if used in that context.

Please do not try to therapize your partner and use information from your individual session to try to tell him/her what you believe I think they should or shouldn't do, say, etc. Please let them discuss that directly with me or with their other therapist.

Ultimately, the goal is for you to respect your partner's process as much as you want him or her to respect yours.

Thank you so much for your partnership. ☺

*Kenneth R Pataky, MS, LPC*

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Ken Pataky, MS, LPC, Psychotherapist

Date

I have read the above guidelines and I will do my best to follow them. I understand that if I cannot, I may have to be referred to another therapist for individual therapy.

(sign)

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Name (print)

Date