Ryan Hofrichter, LPC Intern, SEP
Individual, Couples, and Group Counseling
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Special Notice for Couples and Family Counseling

Couples and family therapy usually focus on systemic issues. The client is both the individuals and the couple or family as a whole. Participation by everyone is encouraged. However, occasionally individual sessions with the therapist are warranted.

I'm happy to discuss options for individual sessions, as long as you agree that anything you share in an individual session may be talked about in subsequent couples or family sessions. This doesn't mean that I'll necessarily bring up the issues that we've talked about individually, only that you've given me permission to do so if I believe it is important to the health of your relationship.

Knowing that I do not, and will not, keep secrets helps everyone feel safer in therapy. It also allows me to be completely honest, without having to worry about who said what, when, etc. Please ask before sharing any details if you have any questions about whether a topic is one that will need to be shared. If you have reservations about raising an issue with me in the context of couples or family therapy, I am happy to refer you to another counselor for individual counseling.

This agreement also applies to phone calls and e-mails. If you contact me between sessions, I will expect you to let your partner or other family members know you've done so. Contents of phone calls or e-mails may be shared. By signing this agreement, you're giving me permission to discuss (or help you discuss) information shared in individual sessions or communications with others regularly attending therapy with you. This discussion will include determining whether sharing with your family members is needed or important for the therapeutic process, as well as when and to what extent sharing is appropriate.

_____ _____ _____ _____

Client Signature Date Client Signature Date

_____ _____

Ryan Hofrichter Date