

Michael J. Gilke, Psy.D.

Understanding for Couples Counseling

We understand that couples therapy begins with an evaluation of our relationship, past and present. While Dr. Gilke is deciding whether he is the appropriate therapist for us, we will decide whether we wish to begin couples therapy with him. We understand that because of the commitment of time and money, plus the potential impact on us and others, it is important to make an informed choice for a couples therapist.

We understand that information discussed in couples therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners. We agree not to subpoena Dr. Gilke to testify for or against either party or to provide records in a court action.

By entering into couple's therapy, we accept that we both understand that working towards change may involve experiencing difficult and intense feelings, some of which may be painful in order to reach our goals. We accept that such changes can have both negative and positive effects and agree to clarify and evaluate potential of effects of changes before we undertake them.

If the relationship breaks up and either or both of you wish to re-contract with me for individual counseling, the decision with whom I continue working is at my discretion. In some instances a referral will be made.

There are times when Dr. Gilke may appear on either person's side but he is really on the side of the marriage. If the therapist sees either member of the couple for individual session as part of couple treatment, secrets will not be kept and the therapist reserves the right to pass on the information that furthers therapeutic goals.

Phone calls, texting, and emails between sessions should be used for making appointments and emergencies only.

We agree to the above guidelines.

(Signature)

(Date)

(Signature)

(Date)