

CARL MOJTA, LMFT, LLC

Licensed Marriage & Family Therapist (DC#: LMFT000169)

Licensed Marriage & Family Therapist (VA#: 0717001428)

Certified Addiction Counselor I (DC#: CACI1137)

COUPLES THERAPY AGREEMENT

It's with an open heart that I welcome you to my practice. I look forward to meeting you and getting to understand you as individuals in the context of your relationship. It's a privilege to work together with you in couples therapy.

To manage better the expectations of couples therapy, I have outlined some important aspects that will form the basis of our clinician-couples agreement:

- Couples therapy starts with an assessment of the relationship past and present. In the course of assessment, I will want to meet with each of you individually to gain a better understanding about how your unique life experiences affect the dynamics of the relationship.
- We understand that information discussed in couple's therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners. We agree not to subpoena the therapist to testify for or against either party or to provide records in a court action.
- By entering into couple's therapy each of us affirms our understanding that working toward change may involve experiencing intense feelings some of which may be painful. There will be times when the therapist may appear on either person's side but is really on the side of the relationship. If during the session, you feel that the therapist is aligning with one person, please voice this feeling, so that it may be processed in the session before you leave.
- Phone calls and emails between sessions should be used for making appointments and for dealing with emergency situations.
- I will not keep secrets. If during the course of an individual session, phone call, or e-mail exchange, I am informed of a secret, e.g., affair, substance abuse, or some other situation that undermines my ability to treat the relationship, I will offer up to three individual sessions to assist you in preparing to disclose this information to your spouse. If, after these three sessions, the secret is not disclosed, I will state at the next couple's session that you have shared information with me that undermines my ability to continue treating the couple and I will promptly terminate the couple's therapy. While I will not disclose the nature of the secret, I will state that I cannot continue to treat the couple while this information remains unaddressed.

