



# Columbine Counseling Center

## COUPLES/FAMILY CONFIDENTIALITY RELEASE

In the course of both couples and family therapy, it can be desirable for the therapist to meet with clients individually. Traditionally, all communications in such sessions are considered strictly confidential, except in the case of threats or admissions of violence against self or others. In a family or couples therapy situation this type of confidentiality can be confusing, cumbersome, and a hindrance to the progress of therapy.

Giving the therapist permission to use his/her professional judgment in deciding what information from individual sessions shall be kept confidential and what may be profitably shared with other family members provides an environment which protects the personal privacy of each family member yet does not impede the course of therapy.

By signing this document you agree to give your therapist, whose name appears below, permission to use his/her discretion in sharing information provided in individual session, and not otherwise agreed upon as confidential, with any or all members of the couple or family, and only them.

Therapist(s) \_\_\_\_\_  
\_\_\_\_\_

Client Signature(s) \_\_\_\_\_  
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