



No Secrets Policy

This written policy is intended to inform you, the participants in therapy, that when we agree to treat a couple or a family, we consider that couple or family (the treatment unit) to be the patient. For instance, if there is a request for the treatment records of the couple or the family, we will seek the authorisation of all members of the treatment unit before the release of confidential information to third parties. Also, if our records are subpoenaed, we will assert the therapist-patient privilege on behalf of the patient (treatment unit).

During the course of our work with a couple or a family, practitioners may see a smaller part of the treatment unit (e.g., an individual or two siblings) for one or more sessions. These sessions should be seen by you as a part of the work that we are doing with the family or the couple unless otherwise indicated. If you are involved in one or more of such sessions with a practitioner, please understand that generally, these sessions are confidential in the sense that we will not release any confidential information to a third party unless we are required by law to do so or unless we have your written authorisation. In fact, since those sessions can and should be considered a part of the treatment of the couple or family, we would also seek the authorisation of the other individuals in the treatment unit before releasing confidential information to a third party.

However, practitioners may need to share information learned in an individual session (or a session with only a portion of the treatment unit being present) with the entire treatment unit – that is, the family or the couple if we are to serve the unit being treated effectively. We will use the best judgment as to whether, when, and to what extent we will make disclosures to the treatment unit and will also, if appropriate, first give the individual or the smaller part of the treatment unit the opportunity to make the disclosure. **Thus, if you feel it necessary to talk about matters that you absolutely want to be shared with no one, you might want to consult with an individual therapist who can treat you individually.**

This “No Secrets” policy is intended to allow us to continue to treat the couple or family by preventing, to the extent possible, a conflict of interest from arising where an individual’s interests may not be consistent with the interests of the unit being treated. For instance, information learned in the course of an individual session may be relevant or even essential to the proper treatment of the couple or the family. If we are not free to exercise our clinical judgment regarding the need to bring this information to the family or the couple during their therapy, we might be placed in a situation where we will have to terminate the treatment of the couple or the family. This policy is intended to prevent the need for such a termination.

I, as a member of the couple/family or other unit being seen, acknowledge that I have read this policy, that I understand it, and that I have had an opportunity to discuss its contents with my practitioner(s), and that I enter couple/family therapy in agreement with this “No Secrets” Policy.

Full Name: _____

Signature: _____

Date: _____



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Recognising Triggers

Step Three: After the moment has passed and you can successfully come back to a less reactive and more responsive state, revisit the trigger. With a lens of curiosity and absolutely no self-judgement or self-bashing, ask yourself what the trigger was about.

Why that particular person or situation? Is it that they are doing something you do, and you don't like to be on the receiving end of that behaviour? Or is it that you held back from expressing what you felt to say to make it more comfortable for the other person? Does the person remind you of someone you have an incomplete relationship with? Perhaps a parental figure or a time when you felt helpless or frightened? Use the space provided to explore what the trigger was and why it impacted you. **Remember: our triggers are our red flags for evolution.** Learn to embrace your reactions and use them as learning opportunities to fast-track your personal and professional growth.

EXPLORING THE REACTION

EXPLORING THE REACTION (CONT.)

Step Four: If necessary, write down some possible explorative questions that you can take to your therapist or supervisor to unpack this situation further. Some of these buttons (triggers) can be really hard-wired and immeshed; it might require some additional support to detangle them from your nervous system.

QUESTIONS I STILL NEED TO EXPLORE



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