CONTRAINDICATIONS TO THERAPY

There are a few scenarios that may be going on now or in the future that would make couples or relationship therapy unsafe. If they arise or are endorsed, we'll stop, make a plan to address this concern, and may have to pause treatment until stabilization occurs.

1

Violence, Fear, Coercion

Violence, coercive control, intimidation, retaliation, or fear can make joint vulnerability unsafe. Safety assessment and planning come first. Therapy may pause until both partners can speak freely without danger.

2

Substance Use

Therapy does not simply end. We will discuss the emotional impact, support treatment and recovery, and temporarily pause relationship therapy when active use prevents safe, dependable participation.

3

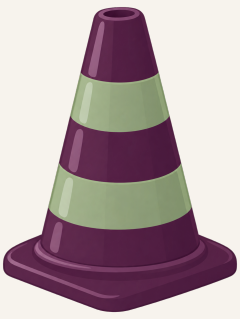
Mental Health

A diagnosis does not exclude anyone from therapy. If symptoms interfere with safety, clear thinking, emotional regulation, or participation, we may adapt or pause couple work while additional support is arranged.

4

Ongoing Affairs

An ongoing affair or continued secrecy undermines the honesty and emotional safety therapy requires. Couples work may pause while the affair ends and disclosure, boundaries, and commitment are addressed.



Please Tell Me Immediately If...

If you have concerns about your safety, your partner's safety, violence or coercion, substance use, mental health symptoms, or anything else that may affect treatment, tell your therapist immediately.