NO SECRETS POLICY

The relationship is the client.

In couples or relationship therapy, I treat the relationship as my primary client. This means that I pay close attention to the patterns between you and work toward the well-being of the relationship — not that either partner stops mattering as an individual.

Each partner's safety, autonomy, physical and emotional well-being, and right to make their own decisions remain very important to me. You may have goals that differ from your partner's, and you retain the right to participate in, pause, or discontinue therapy. Treating the relationship as the client also means that I will not take sides or become more closely aligned with one partner than the other.

What is the policy and what does it do?

Because the relationship is the primary client, I cannot agree to keep relationship-relevant information secret from either partner. This policy protects the balance of therapy and helps ensure that both partners can participate with meaningful and informed consent.

Please do not disclose information to me privately with the expectation that I will permanently conceal it from your partner. This applies whether the information is shared during an individual meeting, by telephone, through a message or email, before or after a joint session, or through another form of communication.

Relationship-relevant information may include:

- An ongoing affair or intimate involvement outside the relationship
- Plans or serious intentions to end the relationship.
- Major undisclosed financial decisions or debts.
- Significant substance use or relapse.
- Behavior that affects sexual health or informed consent.
- Coercion, intimidation, stalking, violence, or threats.
- Other information that substantially affects the relationship, either partner's safety, or the appropriateness of couples therapy.

Whenever reasonably possible, I will give you the opportunity to share the information yourself. I will not ordinarily reveal it to your partner on your behalf. However, I also cannot continue couples therapy while indefinitely holding information that prevents the work from remaining honest, balanced, or clinically appropriate. If you are unwilling to address material information with your partner, I may need to pause or discontinue conjoint therapy and provide appropriate referrals.

However, there may also be sensitive information shared by one partner that may be unsafe or insensitive to share — such as certain assessment question results pertaining to personal safety or details about a specific trauma.