



Therapy Solutions
1679 6th Ave W
Dickinson, ND 58601-2647
Phone: 701-483-1000 | Fax: 701-483-1001

Couples Therapy Consent

1. Emergency Management
 - a. In the event that emergency services are needed, Therapy Solutions is not a crisis unit or center. We encourage the use of emergency management services if needed, especially during Therapy Solutions' closed hours. Emergency Services can be found at:
 - i. Badlands Human Service Center
 - ii. CHI Emergency Room
 - iii. Sanford or CHI Hospitals in Bismarck
 - iv. 988 - 24-hour suicide crisis helpline
 - v. 741741 - 24-hour crisis text helpline
2. All Mental Health therapists are mandated reporters. They are bound by law and their code of ethics to report any abuse/neglect or suspected abuse/neglect.
3. Therapist has a Duty to Warn
4. All sessions are confidential. All therapists are bound by law and their code of ethics to ensure confidentiality for their clients. Therapy Solutions ensures all clients' privacy, and keeps all electronic and physical files/information locked and secure.
5. Upon assessment, all Mental Health Therapists will diagnose their clients based on presenting symptoms. Diagnosis may change throughout treatment. Duration of treatment varies depending on diagnosis, symptoms, and the client's need/want for services.
 - a. All Mental Health Therapists support their clients in receiving the best fit for care, therefore clients have the right to advocate for alternative care if appropriate or necessary.
6. Clients are able to contact their therapist in between sessions via phone call or email. However, Therapy Solutions does not guarantee immediate responses.
 - a. Do not include confidential information within email messages to ensure confidentiality.
 - b. Any work exceeding 15 minutes will be directly billed to the client as self-pay.
 - c. **See the Fee Schedule below:**
 - Professional time (includes but not limited to: call, emails, record review, phone calls with attorney, law enforcement): \$150.00 per hour
 - Billed in 15-minute increments: 15 minutes - \$40.00
 - Court appearances/testimony: \$200.00 per hour (portal-to-portal) Limited to 2 hours
 - Document preparation & written reports: \$150.00 per hour
 - Travel time: \$75.00 per hour
 - Copies and records: Current Procedure
 - Rush requests (less than 1 day's notice): Additional \$50.00
7. Client was informed of the \$50 cancellation fee. Couple is responsible deciding who will pay for the fee if they should be charged.
8. Walk and Talk Therapy is an available service. Please ask your provider about the consent form if interested.
9. If a client comes in contact with their therapist outside the office, the therapist will work to maintain confidentiality by not engaging in conversation or contact with the client, unless initiated by the client themselves.
10. All Therapy Solutions staff will not interact with clients through social media.
11. Client may not record session without written consent of the Therapist

12. We understand that information discussed in couples 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.
13. I consent to participate in an audio recording for clinical documentation. Audio recording is HIPAA-compliant. The recording will transcribe our session into a clinical note. They are deleted following the session.
14. If we have dependent children, we understood the potential limits of confidentiality regarding access to records, in child custody case.
15. We acknowledge, understand and consent that there is a security camera in the therapy room and have been informed that there is no audio. The video is confidential and not viewed by anyone unless there is a discrepancy about conduct in the session.
16. On occasion, individual partners/spouses may be seen by the couples counselor, for an individual counseling session (specifically, but not limited to EMDR), with the goal that individual work may improve the couple as a unit. In this case, the individual session is still considered as part of the couple's treatment plan, therefore disclosure of information will flow back and forth from those particular individual sessions to the couples session. THIS DOES NOT APPLY if the individual is receiving individual counseling, to work on individual treatment goals, not related to couples counseling. Here are the guidelines of an individual sessions for couples counseling:
 - a. The therapist does not keep "secrets" that undermine the integrity of couples counseling, that are disclosed in individual sessions. Confidentiality and safety are different from "secrets."
 - b. Anything either of us tells the therapist individually, whether on the phone or in an individual meeting, may not be held as confidential, and at the therapists discretion may be shared with the spouse/partner during a subsequent couple session.
 - c. The therapist's goal in the individual session is for the overall improvement to the couple as a unit. If individuals want to utilize individual therapy for other reasons, the therapist will provide a referral to an individual therapists. This policy is intended to maintain the integrity of the couples/marital counseling relationship.
 - d. The therapist may determine, that it is necessary, to discontinue the counseling relationship with the couple if there is information that an individual desires to keep secret, after the therapist has determined is important to disclose, for the sake of the integrity of couples counseling.

My signature indicates I was informed of the information above and agree with the information stated.

Client Signature:

Date: