

Couples Therapy Informed Consent – Partner A

1. Purpose of Therapy

Couples therapy provides a space to explore communication, emotional safety, and patterns that affect the relationship. Sessions aim to increase awareness, repair, and understanding—not to assign blame or decide who is “right.”

2. Therapeutic Alliance

The therapist works as a neutral facilitator, supporting both partners equally. The process focuses on the relationship as the client, not the individual partners.

3. Confidentiality and Shared Information

Information shared in joint sessions is considered part of the couple's record. Individual information disclosed privately may be brought forward only if it impacts the therapy process. The therapist will encourage openness and shared discussion when this occurs.

Limits to confidentiality apply in cases of:

- Risk of harm to self or others
- Suspected abuse or neglect of a child or vulnerable person
- Legal subpoena or court order

4. Session Structure and Fees

Session length: 50 minutes

Fee: \$180 per session

48 hours' notice required for cancellations (24 hours at therapist's discretion).

Missed sessions without notice will be billed at the full rate.

5. Active Affair Policy

Couples therapy cannot continue when one or both partners are actively involved in an ongoing undisclosed affair. The therapeutic process relies on honesty and transparency.

If an affair is disclosed during therapy, the therapist will pause joint sessions and recommend individual work until both partners are ready to resume in a context of safety and disclosure.

6. Active Substance Use Dependency

If either partner is actively engaged in substance use that significantly interferes with emotional regulation, safety, or the capacity to participate in therapy, treatment will be paused.

Referrals to addiction-focused or stabilization services will be offered before couples work resumes.

7. Supervision

Maria Ahmed, Registered Psychotherapist (Qualifying), practices under ongoing clinical supervision in accordance with the College of Registered Psychotherapists of Ontario (CRPO) requirements.

Cases may be discussed confidentially with the supervising psychotherapist for the purpose of ensuring best practice and clinical oversight.

8. Records and Privacy

Session notes are stored securely in compliance with PHIPA regulations. Each partner has the right to access their own individual information; however, shared session content forms part of the joint record and cannot be released without mutual written consent.

9. Voluntary Participation and Right to Withdraw

Either partner may withdraw consent for participation in couples therapy at any time. The therapist will respect this decision and, where appropriate, provide referrals for individual support.

10. Crisis and Safety

Couples therapy is not designed for crisis intervention. If you are in immediate danger or unable to remain safe, please contact 911 or go to your nearest emergency department.

Consent Acknowledgement

I have read and understood the information above. I have had the opportunity to ask questions, and I voluntarily consent to participate in couples therapy with Maria Ahmed, RP (Qualifying).

Partner Name (Partner A): _____

Signature: _____

Date: _____

Therapist Signature: _____

Date: _____

If you are in immediate danger or cannot keep yourself safe, please call 911 or go to your nearest emergency department.

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