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Informed Consent Addendum

Confidentiality Agreement for Couples Therapy

In couples therapy, the therapeutic relationship is with the couple as a unit, not with either individual alone. As such, any notes, records, or documentation related to couples therapy sessions are considered part of a joint record. To protect the integrity of the therapeutic process and the confidentiality of both parties, the following agreement applies:

Neither partner shall have access to the therapy record without the written consent of both individuals. This includes, but is not limited to, session notes, summaries, or any other documentation created as part of the therapeutic process. This is intended to foster trust, promote openness during sessions, and ensure that both partners feel safe and respected in the therapeutic space.

By signing below, both parties acknowledge their understanding and agreement to this confidentiality policy.

Client Name: _____

Signature: _____ **Date:** _____

Client Name: _____

Signature: _____ **Date:** _____

Psychologist Signature: _____ **Date:** _____