

## Relationship Therapy Agreement

Kathi A. Peddicord, MA, LPCI

843-813-9650

I have asked **Kathi A. Peddicord, MA, LPCI** to provide joint relationship therapy for me and my partner.

In therapy, we may work on issues such as:

- Effective communication patterns
- Assertiveness skills
- Listening skills
- Acceptance of differences
- Anger management
- Problems that may be pertinent to our relationship

I understand that:

1) The focus of Relationship Therapy is to learn new skills to work on relationship problems; however it is not possible to guarantee any outcome.

2) Relationship Therapy may also involve talking about each individual, including family history important life events, past relationships and any past or present emotional difficulties.

3) Relationship Therapy works best when communication is open and honest, and when individuals take responsibility for their own feelings and behaviors, rather than blaming a partner for problems.

4) Everything in the session is kept completely confidential by the therapist, and it is recommended that issues brought up in session remain private between the couple. It is strongly recommended that both partners refrain from discussing what is said in therapy with family and friends.

5) If I am having any emotional problems, in addition to the issues for which we are seeking counseling, the therapist may recommend other kinds of help for me.

I understand and accept the above purpose of Relationship Therapy.

Client Signature

Date

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Partner's Signature

Date

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Therapist Signature

Date

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