

HART COUNSELING SERVICES, PLLC

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IMAGO RELATIONSHIP THERAPY - CLIENT/THERAPIST AGREEMENT

First, congratulations on taking this step. The choice to enter into couple's therapy can be challenging in and of itself. I'm glad you are here.

I have compiled this information so that you will know what to expect in working with me within an Imago framework. While this list is not exhaustive, it will address most major points. You are always welcome to ask me questions, if you have additional questions now or in the future. Also, please note that information in the general *Client-Therapist Contract/Informed Consent* (herein after referred to as *Informed Consent*) applies to the Imago sessions as well.

The Imago sessions are 80-minutes in length, unless otherwise agreed upon, and generally held every other week. We will aim to find a consistent time and day for you to come. My fee is \$225 for each 80-minute session, payable each session.

Since this is couple's work, I will most frequently be seeing you together as a couple in sessions; although, I and/or you may request individual sessions occasionally within the framework of couple's work. If there is a desire at some point for either of you to work with me in individual or group therapy, we will discuss that together. To reiterate, individual sessions will not be unplanned. If only one of you show up for a planned couple's session, I will not see you, and it will be counted as a "late cancellation." My cancellation policy is explained in detail in the general *Informed Consent*; however, to summarize here, my late cancellation fee for an Imago session is \$150. Also, regarding possible individual sessions, I believe it is best for "secrets" to not be held within a relationship. If you tell me something in an individual session that your partner does not know, our goal will be to work toward you telling your partner this information in a couple's session, and I will help with this. I will not rush you into doing this, but rather will work at your pace to be able to do so.

RESPONSIBILITIES OF THE PARTNERS/COUPLE IN IMAGO THERAPY

- To keep appointments by showing up on time and paying the fee
- To be honest about your feelings and thoughts as you know them
- To follow the prompts of the therapist and to stay in the process of the Dialogue
- To be willing to learn new things about oneself, one's partner, and the relationship
- To be open and curious about your partner's reality
- To be willing to take responsibility for your part of the issues you are facing
- To be respectful to your partner in and out of session
- To express upset and complaints to your partner (in or out of session), and/or the therapist, rather than to friends or family members
- To NEVER use material from the sessions against your partner
- To express appreciations and gratitude for and to your partner
- To take the risk to be vulnerable at whatever level stretches you but does not break you
- To give and receive repairs as soon as possible
- To become an advocate of and for your partner and the relationship

RESPONSIBILITIES OF THE THERAPIST IN IMAGO THERAPY

- To show up for appointments on time and be clear about ending on time
- To be neutral (an advocate of your relationship) and not take sides in your relationship
- To find a balance between understanding and compassion and limit-setting

- To recognize that each person has all they need to move into connection together and wholeness inside themselves, and that my job is to keep them in process using the structure of the Dialogue, so that they can find their way to each other
 - To be fully present and engaged with each of you and your relationship in sessions, able to put aside whatever is going on inside me
 - To interact in a respectful, non-shaming manner, modeling healthy differentiation
 - To respond to upset about my behavior by mirroring, validating, and being empathic, and to take responsibility for my impact
 - To explain the Imago concepts clearly and to have a good balance between process and educating
 - To make sure homework (when given) is clear and to support your attempts at working on this information outside of sessions
 - To remember what happens in sessions so we can have continuity
 - To keep all information confidential (outside of exception listed below)
- Information about confidentiality*
- General information about legal exceptions to confidentiality are listed in the *Informed Consent* (please ask me if you have questions about these exceptions)

WHAT IT MEANS FOR THE THERAPIST TO BE AN ADVOCATE FOR YOUR RELATIONSHIP

We will be discussing your goals more in depth. I wanted to include a brief note here to help you understand my intentions as your therapist. Couples enter into therapy at different points along a continuum. Some couples are very clear they want to improve and continue the relationship, some couples are unsure of a direction moving forward, and some couples are leaning strongly toward separation or ending the relationship. As an advocate for your relationship, I will work toward facilitating a connection between you. This connection will help you move forward, within any context, with more intention, rather than reactivity.

Signing below indicates that I have read, and that I understand and agree with all information presented in the Imago Client-Therapist Agreement of Hart Counseling Services, PLLC. Furthermore, my signature indicates that any questions or misunderstandings I may have had about any information presented have been answered to my satisfaction. Lastly, I understand that should future questions arise, I may at that time ask clarifying questions of my counselor.

Printed Clients Names

Signature of Clients and Date

Signature of Therapist, License #, Date