



Carrie Austin, MA, MA, LMFT
Approach to Couple's Counseling

Consistency/Frequency: Couples therapy is more effective when both individuals in the partnership attend appointments in a consistent manner. I will generally meet with you on a weekly basis for approximately 50-60 minutes, which is recommended for effective progress and growth. The frequency of sessions/length of session time may be evaluated during times of crisis, as well as when it is mutually decided and clinically relevant to either increase or decrease the frequency/length of your session. I may also choose to meet with each partner of the couple individually for therapeutic purposes. I will communicate my intention and rationale to you prior to scheduling individual sessions.

Attendance/Cancellations: The established appointment time is set aside for a particular couple. It is expected that you will be prompt for your appointment. If you or your partner arrives late for your appointment, the session will only start with both individuals present, and the session will still end at the regularly scheduled time. Sometimes emergencies come up. If I need to cancel or change an appointment time, you will receive more than 24 hour notice, as I know that you will have reserved the time for the appointment. If, for any reason, you and/or your partner cannot let me know more than 24 hours in advance you will be charged the regular fee for the time reserved. If, for whatever reason, only one partner shows up to the session, for the sake of the neutrality and symmetry of the therapy, I will not conduct an individual session. I apologize in advance for the inconvenience, but it is important that I, as your therapist, maintain neutrality and objectiveness in the couples' counseling relationship. It is, nonetheless, expected that the full session fee for the session will be paid.

Shared Information: If you or your partner shares information with me in private, I will encourage you to share this information voluntarily to your partner in our session. If you do not share this information, I will need to



share this information in order to preserve my neutral position in our therapeutic relationship. I do not keep secrets.

Confidentiality: When doing therapy with a couple/family, I view the couple/family as my client—not each individual. This means, among other things, that I protect the confidentiality of the couple/family and information revealed during sessions from individuals outside of the couple/family but not necessarily between members of the couple/family. I will adhere to the ethical and legal requirements of confidentiality as stated in my privacy practices. I cannot, however, ensure that you and your partner will maintain confidentiality about your therapeutic experience including content discussed within the couples' counseling session.