

**Elizabeth López-Cardona**  
**LPC, LMFT, NCC, LLC**  
5413-E Backlick Road  
Springfield, VA 22151  
703 520 1070  
Fax 703 333 2016

**STATEMENT OF UNDERSTANDING**

Couples therapy starts with an assessment of the relationship past and present.

We understand that information discussed in couple's therapy is for therapeutic purposes and is not intended for use in any legal proceedings involving the partners.

We agree not to subpoena the therapist to testify for or against either party or to provide records in a court action.

By entering into couple's therapy, we accept that we both understand that working toward change may involve experiencing difficult and intense feelings, some of which may be painful in order to reach our goals.

We accept that such changes can have both negative and positive effects and agree to clarify and evaluate potential effects of changes before we undertake them.

There will be times when the therapist may appear on either person's side but is really on the side of the relationship.

Phone calls between sessions should be used for making appointments and emergencies. Email is not considered a secure form of communication.

If the relationship breaks up and either or both of you wish to re-contract with me for individual therapy, the decision with whom I continue is at my discretion. In some circumstances a referral will be made.

If the therapist sees either member of the couple for individual sessions as part of the couple treatment, secrets will not be kept and the therapist will encourage disclosure when the information may further therapeutic goals.

Since sessions time is limited to 45 minutes, try to be concise in presenting your thoughts and feelings.

Therapy works best if you strive for closure in your communication, that is, a point of satisfaction that you have said what you need to say and asked for what you need to ask for.

Signature of both partners:

Date:

-----  
-----

-----  
-----