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Prior to our first meeting print this form out once & bring it to our first meeting with:

- One filled out copy of General Information
- One copy of the Relationship Coaching and Psychotherapy Agreement signed by each of you
- One Relationship Questionnaire filled out by each of you.

Six months after we stop meeting, I will email you a questionnaire asking for your evaluation of our meetings.

General Information

Names:		
Ages:		
Professions:		
Phone numbers:		
Email addresses:		

Address (or, if living separately, addresses):

Length of time together:

Years married (if applicable):

Everything shared here is strictly confidential and will not be shared to anyone for any reason without your express written consent. The purpose of this form is to help me get to know you so that you can get the most from our time together. *Jeremi McManus, MFT*

Names, sex, and ages of children (if applicable):

How did you find out about my services - kindly mark all that apply: __ Yelp __ Google __ Other (if other please specify):

Other information you think I should know (feel free to continue on back of this form):

Relationship Questionnaire

Name:

Date:

Please circle the number along the continuum from 1 to 9 that best describes your view of your relationship generally over the past week.

I am very unhappy in my relationship with my partner	<i>General Happiness</i> 1 2 3 4 5 6 7 8 9	I am very happy in my relationship with my partner
I hardly ever confide in my partner	<i>Confiding</i> 1 2 3 4 5 6 7 8 9	I always confide in my partner
I am very dissatisfied with the extent of our emotional connection	<i>Emotional Engagement</i> 1 2 3 4 5 6 7 8 9	I am very satisfied with the extent of our emotional connection
I am very dissatisfied with the way we work together in daily life	<i>Working Together</i> 1 2 3 4 5 6 7 8 9	I am very satisfied with the way we work together; we work as a team
I am very	<i>Sexual Relationship</i>	I am very

dissatisfied with our sexual relationship	1 2 3 4 5 6 7 8 9	satisfied with our sexual relationship
I am very dissatisfied with the way we handle disagreements	<i>Disagreements</i>	I am very satisfied with the way we handle disagreements
	1 2 3 4 5 6 7 8 9	

Comments (if any) about what it was like or what you might have learned answering these questions:

Relationship Questionnaire

Name:

Date:

Please circle the number along the continuum from 1 to 9 that best describes your view of your relationship generally over the past week.

I am very unhappy in my relation-ship with my partner	<i>General Happiness</i>	I am very happy in my relationship with my partner
	1 2 3 4 5 6 7 8 9	
I hardly ever confide in my partner	<i>Confiding</i>	I always confide in my partner
	1 2 3 4 5 6 7 8 9	
I am very dissatisfied with the extent of our emotional	<i>Emotional Engagement</i>	I am very satisfied with the extent of our emotional connection
	1 2 3 4 5 6 7 8 9	

connection		
I am very dissatisfied with the way we work together in daily life	<i>Working Together</i> 1 2 3 4 5 6 7 8 9	I am very satisfied with the way we work together; we work as a team
I am very dissatisfied with our sexual relationship	<i>Sexual Relationship</i> 1 2 3 4 5 6 7 8 9	I am very satisfied with our sexual relationship
I am very dissatisfied with the way we handle disagreements	<i>Disagreements</i> 1 2 3 4 5 6 7 8 9	I am very satisfied with the way we handle disagreements

Comments (if any) about what it was like or what you might have learned answering these questions:

Relationship Coaching & Psychotherapy Agreement

• Client will address concerns or questions about agreement with Therapist before signing •

1. Client understands and agrees that they are fully responsible for their physical, mental and emotional well being during this professional relationship, including the Client's choices and decisions.
2. Client understands that coaching and psychotherapy is a joint effort in which the Client and Therapist discuss a myriad of issues, events, experiences and memories for the purpose of creating positive change. This change typically requires substantial effort by Client including an active participation in the therapeutic process, honesty, and a willingness to change feelings, thoughts and behaviors. Participating may also involve some discomfort and it is pretty common for Client to feel worse before they feel better. Participating can also have unintended outcomes such as a breakup in a relationship or other life change.
3. Client understands that progress and length of therapy vary from person to person and Client will bring any concerns of progress in therapy or the length of therapy to Therapist.
4. Therapist can contact Client via email, internet phone, telephone, cell phone, skype, and other internet means. Client understands that Therapist will make every effort to protect Client confidentiality on the internet, and realizes that confidentiality on the internet is not fully reliable.
5. Client understands that information will be held confidential unless Client states otherwise in

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writing, except as required by law. Client understands that certain topics may be anonymously or hypothetically shared with other psychotherapy professionals for training or consultation purposes.
6. Disclosure is required by law where there is a reasonable suspicion of child, dependent or elder abuse or neglect; where a client presents a danger to self, to others, to property, or is gravely disabled. In the very rare case that Client places their mental status at issue in litigation initiated by Client, the right to confidentiality of records and/or testimony is waived.

7. Many insurance plans cover psychological services, however Client will need to file for reimbursement on their own and if needed, Therapist will provide Client with a receipt for service to submit to their insurance company.

8. Client has the right to terminate services at any time, and is encouraged to give Therapist advance notice to plan termination and closure. Therapist can terminate therapy with the client under certain circumstances, such as non-payment of fees, ethical concerns or concerns about clinical issues.

Between Partners in Couples Therapy: If you are coming to me for couples therapy, I want you to know that anything that gets raised in any private conversation with me is not secret but may be disclosed to your partner at my discretion.

Payments: Fee of \$160/hour is due at time of service and is sometimes increased by \$10 per year.

Cancellation: a minimum of 48 hours (2 days) notice is required for re-scheduling or canceling an appointment. Unless we reach a different agreement, the full fee will be charged for sessions missed without notification. There is no charge for the first such miss.

Client understands their role and Therapist's role in their co-creative professional relationship. Client has read this agreement and will ask questions to clarify anything they do not understand. Client agrees to comply with all policies stated above:

Print Name

Signature of Client

Date

Print Name

Signature of Client

Date

Couple's Coaching and Psychotherapy with Jeremi McManus

- Brief description:

Fighting and withdrawing are inevitable in a couple relationship, but partners can become increasingly skillful in reducing their frequency, duration, and damage of fights and even turn them into opportunities.

- Longer description:

The quality of life in a relationship depends on the couple's ability to cope with their inevitable periods of fighting (quietly or loudly) and withdrawing (not talking about what mainly concerns them). Couples typically come to psychotherapy in the midst of one of these two states. I will help you capitalize on these opportunities, understand the fight/withdraw cycles that show up, and begin to master the skills that lead to a richer connection with one another.

- Longer description yet:

- In addition to whatever specific issues you both are struggling with (money, sex, children), there is generally the added and often more significant problem of how you talk—or don't talk—about these issues: you fight or withdraw.
- *Fighting* is a deadlocked exchange in which each partner feels too unheard to listen, too

misunderstood to be understanding, and too stung by what the other just said to do anything other than sting back.

- *Withdrawing* is a devitalized exchange in which partners don't talk about what most concerns them and may not talk much at all.
- *Intimacy*, the alternative to fighting and withdrawing, occurs when partners confide to each other the main things on their minds—what's "alive" for them at the moment in a way that works out, that is, that leaves each feeling closer rather than hurt, angry, defensive, or distant.
- Intimacy, this alternative to fighting and withdrawing, can be created by the way partners recover from fighting or withdrawing, that is, by means of a *recovery conversation* in which, unlike the fight or withdrawal, you confide feelings, make acknowledgments, reach out to the other, and look at things from the other's point of view.
- In such a conversation, you create a meta-level, a bird's eye view, a perch, a helicopter look at the traffic, a vantage point above the fray, a *platform*. You operate as joint troubleshooters talking in a dispassionate, compassionate, and intimate way *about* your fighting, withdrawing, and lack of intimacy. You develop a shared picture of your relationship—how it is special as well as its trouble spots.
- Every couple has its own set of unsolvable problems that they grapple with throughout the relationship. Creating a platform—operating as joint troubleshooters—is the premier way to deal with such problems. Operating as troubleshooters, you commiserate over your unsolvable problems and put them in perspective.
- In couple therapy, I help translate the partners' fights and withdrawals into conversations. I show them how to construct a platform from which to hold recovery conversations that enable them to turn problems into occasions for intimacy—to turn what is endangering the relationship into a means for deepening it.