**Goodness of Fit for Couples Counseling Checklist with Morgan**

Please do actually read and sign. This is not a legal document. It is a document to help us be as efficient as possible at syncing our goals for our work together.

There may be some requirements I have for you as a client that may not make us a good fit for doing couples counseling together. Please feel free to contact me via phone to discuss any concern’s you have before we begin.

If a person is not behaving in a certain way it is because there is a lack of ability and/or willingness. I have learned I am not able to succeed at creating a great team if one person in the relationship lacks willingness. If you don’t strongly and sincerely want to be a great partner then I would avoid contracting my services. This checklist, which also functions as a screen, is my best effort at screening out couples were one of you may lack willingness. In most cases I can be helpful if it is because of a lack of ability. I meet both individuals where they are at in their interpersonal development. However, on a few occasions I have met with a couple were one or both of them lacks a good enough foundation of interpersonal dynamics and relations to benefit from working with me. If you have any doubts about your ability, please raise that concern with me during our initial phone call. To be clear this is a very small percentage of the people that choose to work with me.

**Requirements:**

* You are engaging my services to **involve yourself** in improving and or repairing your relationship. \_\_\_\_\_\_\_
* You understand that I will be directing you to improve at how you communicate and relate as the way to get what you want. \_\_\_\_\_
* You acknowledge that your intention to improve and/or repair your relationship is your choice. \_\_\_\_\_\_\_
* Therefore you will strive to minimize the implication that you lack choice and/or use such a notion as a rationalization to not do your work of improving as a teammate. \_\_\_\_\_\_\_
* You understand that I think of our sessions as practice and I expect you to be taking advantage of the opportunity to practice when we meet. \_\_\_\_\_\_
* You understand that there is likely not one thing you and your partner are doing that is primarily responsible for the dissatisfaction, which has led you to seek my services. Usually there are many ineffective things that both people are doing in their relationship. The tendency to reduce something as layered and complex as a long term relationship down to one or two problem variables leads to people seeking a one or two variable solution which obscures a focus on the many tiny parts of being, relating, and communicating that need improvement in order to develop an excellent team. \_\_\_\_\_\_
* You recognize that this is a time and financial commitment you are undertaking by working with me. Please do not begin if you are not committed to meeting regularly and putting in the effort needed to get the most out of our meetings. \_\_\_\_\_\_
* You understand the cost for eight sessions to be used in a 16-week period, from the date of the first session, is $1280 paid upfront. This payment is non-refundable if you do not schedule and attend the 8 appointments with in the 16-week time period. I do not bill insurance for couples counseling. \_\_\_\_\_\_\_
* All missed appointments and late cancellations will be charged a $77 fee. This amount will be deducted from a down payment if there is still a positive balance. You will be asked to cover the deducted amount in order to continue. \_\_\_\_\_\_\_\_
* Ninety minutes every week is just a start. You will be asked to do activities, assignments, and discuss matters in between our meetings. I bring lots of structure to our practice sessions, which I am teaching you, so as to eliminate myself from your discussions. \_\_\_\_\_\_\_\_
* I am happy to continue beyond 8 sessions with you. Payment and sessions will be contracted one at a time. I ask that you maintain a positive balance of $77 in the event that you miss or cancel an appointment in less than 48 hours which I will keep, if appropriate, and will reimburse when we terminate, if appropriate. \_\_\_\_\_\_\_\_
* There will be times when sessions are only offered online. If this is not acceptable to you I am not a good fit as I will be moving out of the state of Maine. \_\_\_\_\_\_\_\_

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