

GOTTMAN RELATIONSHIP CHECKUP CONSENT FOR CONSULTATION



You have been registered to take the Gottman Relationship Checkup. Each individual will receive an email invitation with a link to complete the assessment. Please complete the assessment at least 24 hours prior to your appointment at Life Strategy Consultants, LLC.

The Gottman Relationship Checkup was created by Drs. John and Julie Gottman in collaboration with The Gottman Institute as a clinical tool to assess the health and strength of marriage relationships. The assessment contains 480 questions that are to be completed by each individual independently. Each person should allow approximately 2 hours to complete the assessment. When both assessments have been completed, Life Strategy Consultants, LLC will be automatically notified.

During your appointment at Life Strategy Consultants, LLC, you will consult with a therapist who is qualified to review the results of your assessment with you as a couple. The consultation includes a review of the strengths in your relationship as well as those areas where there is room for growth. Based upon the results of your Gottman Relationship Checkup and topics discussed during the consultation, the therapist may discuss strategies for continuing to enhance and build your relationship. These recommendations may include professional counseling to address specific issues identified by the assessment. Please note that this session with a therapist is a consultation to review your assessment results and is not therapy.

CONFIDENTIALITY

Life Strategy Consultants, LLC employees are bound legally and ethically to keep a strict code of confidentiality. Information may only be released to third parties when a client signs a release form. The only exceptions are (a) if you threaten to harm or kill yourself or another person, (b) you reveal information relative to physical or sexual abuse or neglect of a child (in the past as well as the present), (c) a court of law issues a legitimate court order signed by a judge, (d) you are in therapy by order of a court of law, or (e) you are involved in criminal or delinquency proceedings.

In addition to the above guidelines, Life Strategy Consultants, LLC operates with a “No Secret Policy.” In the context of the Gottman Relationship Checkup, this means that the therapist will discuss the assessment outcomes with you as a couple together in the room. In addition, you may receive a summary report which includes outcomes for both spouses.

APPOINTMENT & FEE POLICY

If you are unable to attend your scheduled appointment, please contact the Life Strategy Consultants, LLC office at (717) 376-3075 at least 24 hours in advance of your appointment to reschedule the appointment. Appointments cancelled with less than 24-hour notice or no notice will not be rescheduled until a \$50 Late Cancel/No Show fee is paid.

Signature _____ Date _____

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