

Christian Psychological Center

3950 Central Avenue
Memphis, TN 38111
Phone 901.458.6291

FOR OFFICE USE ONLY

Chart # _____

Appt Date: _____

Appt Time: _____

Therapist: _____

Please return this form via fax at 901.323.4848 or email to Intake@cpcmemphis.net

Relationship Counseling - First Form

Date: _____ Therapist requested: _____

You:

Name: _____ Age: _____ Date of Birth: _____

Address: _____ City _____ State _____ Zip _____

Email: _____ Phone: _____

Your Partner:

Name: _____ Age: _____ Date of Birth: _____

Address: _____ City _____ State _____ Zip _____

Email: _____ Phone: _____

Which person listed above should we contact by phone to schedule your appointments? _____

Best Number to reach you: _____ Alternate Number: _____

What time of day is best for an appointment: _____

What is leading you to seek relationship counseling at this time? _____

Relationship Counseling: Frequently Asked Questions

How does relationship counseling differ from other types of counseling?

Relationship counseling is considered a separate modality than other types of counseling at CPC. In relationship counseling, the client is the *relationship*, rather than either individual in the relationship. Because of this, the following is done differently:

- There is one chart for the couple, rather than a chart with only one person's name on it.
- Both individuals sign all the consent forms in the chart.
- If information is released from the chart, both individuals have to agree that the information be released, and have done so in writing.
- The therapist is generally not going to see the individuals separately, unless it is planned that way for a short time, and each person gets the same consideration.

Can I use my insurance to pay for this service? If not, what is the cost?

Relationship counseling at CPC is self-pay only. Some information regarding this:

- In order to bill an insurance company directly, we have to be able to give a mental health diagnosis. Such a diagnosis is given to an individual, not a couple. Although there is a diagnosis code that can be used for marital issues (V code) it is generally not reimbursable with insurance companies, (and can still only be given to an individual, not a couple).
- A couple may choose to seek reimbursement from their insurance company for services as an out-of-network service. CPC can provide a superbill for the couple to use in this case. However, there will not be a mental health diagnosis, so chances are the insurance company will not reimburse.
- Some couples may want to use their healthcare savings account – we can provide a superbill for this as well. It is usually not necessary to have a diagnosis to access funds from a healthcare savings account.
- Even though one individual or the other may separately qualify for a mental health diagnosis, we would probably not be treating that diagnosis in couples' counseling, so that diagnosis code cannot be used.
- The self-pay rate for relationship counseling is \$125 for a 45-minute session.

What should I expect in relationship counseling?

Relationship counseling is an active process. Your counselor will first collaborate with you to assess the factors that have led you to seek relationship counseling. The focus of counseling, and the guidance provided by your counselor, will be based on the goals you, as a couple, establish.

It is important for couples to come together unless otherwise directed. We ask that each individual fill out the **Relationship Counseling Background Information Form** and the **Adult Background Information Form** and bring them with you to the first session. These can be downloaded from the "Forms" list on the website.

In order to get the most out of your counseling sessions, it is important to do homework assignments between sessions, if assigned by the counselor. Working on a relationship in this way is a significant investment in time and finances – active participation results in maximum benefit.

How many sessions will I need? For how long a period will I need to come to counseling?

The answers to these questions depend greatly on each individual situation. An important aspect of the counseling process is periodic discussion between the couple and counselor to be certain that the identified goals are being achieved and to make agreements regarding the on-going focus and length of therapy. It is not unusual for couples to schedule periodic “refresher sessions” once counseling has been completed in order to maintain gains made.