



Chris Jones Therapy
Full Therapeutic Disclosure agreement

For the client who is DISCLOSING acting-out behavior:

There are benefits and risks when participating with your partner in a formal disclosure about sexual and/or deceptive behaviors. Some of these risks are listed below. It is essential to realize that this formal disclosure is optional for both of you. It is your decision whether or not to participate in the disclosure prep process or full disclosure. You have the right to refuse this.

For the client who is HEARING disclosure of acting-out behavior:

There are risks and benefits to hearing a disclosure from your partner about their sexual and/or deceptive behaviors. Some of these risks are listed below. It is essential to realize that this formal disclosure is optional for both of you. It is your decision whether or not to participate in the disclosure prep process or full disclosure. You have the right to refuse this.

Potential Benefits for Both of You:

- Moving towards shared reality
- Facing the reality of what happened
- Authentic sharing of the truth without justifications or rationalizations
- Elimination of secrets and minimizations
- A foundational step towards rebuilding trust
- Enabling you to make informed decisions about the relationship

Potential Risks for Both of You:

- Learning new information that may be extremely distressing
- Significant emotional upheaval whilst preparing disclosure
- Significant emotional fallout from the disclosure process
- Feeling worse before you feel better
- Significantly restructuring or ending of the relationship
- Regrets regarding level of detail requested

Disclosure Prep and additional charges

As your therapist, I will help to guide you through the disclosure prep process. Part of this involves reviewing the document itself to make sure it's within the correct scope of a formal disclosure and is worded and presented correctly. This will often take place during the sessions as I provide feedback to you, however there will be times where it's easier for me to do a thorough review of the disclosure document outside of a session to provide more detailed notes.

If you agree for me to do this outside of our sessions, please note that additional charges will apply to cover my time at a rate of **£60 per hour**. I will always seek your express agreement before undertaking any additional work in this way.

Full Disclosure Agreements

- I understand that formal disclosure is often a part of the standard of care for deceptive sexuality, sex addiction, and deceptive sexuality trauma recovery.
- I understand and agree that it's my choice whether to proceed with the formal disclosure process and I can stop the process at any point.

Financial Agreements

- I agree to be responsible for any additional fees as part of the formal disclosure process.

I agree to all of the conditions laid out in this contract.

Client signature:

Date:

Counsellor signature: Chris Jones