

CLIENT RIGHTS AND RESPONSIBILITIES

Therapy is a relationship that works in part because of clearly defined rights and responsibilities held by each person. This frame helps to create the safety to take risks and the support to become empowered to change. As a client in psychotherapy, you have certain rights that are important for you to know about. There are also certain limitations to those rights.

You Have the Right To:

Receive respectful treatment that will be helpful to you. A safe treatment setting, free from sexual, physical, and emotional abuse. Ask for and get information about my qualifications, including my license, education, training, experience, membership in professional groups, special areas of practice, and limits on practice. Have written information, before entering therapy, about fees, confidentiality, method of payment, insurance coverage, and cancellation policies.

Share with me aspects of our sessions that you believe are helpful for you and which aspects are not. Refuse to answer any question or give any information you choose not to answer or give. Ask that I inform you of your progress. File a complaint with the government or my professional association if you believe that you have been treated unethically. Refuse any treatment offered or suggested. End therapy at any time. The only thing you will have to do is to pay for any sessions you have already received. Ask any questions, at any time, about what we do during therapy, and have any therapy procedure or method explained before it is used.

You have the right to keep what you tell me private. Generally, no one will learn of our work without your written permission. There are some situations in which I am required by law to reveal some of the things you tell me, even without your permission. These exceptions are:

- a) If you seriously threaten to harm another person, I must warn that person and the Authorities.
- b) If a court orders me to testify about you, I must do so.
- c) If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform Child Protective Services or Adult Protective Services.
- d) If I believe that you are in imminent danger of harming yourself, I may legally break Confidentiality and call the police. I am not obligated to do this, and would explore all other options with you before I took this step. However, if at that point you were unwilling to take steps to guarantee your safety, I would call the police.

Your Responsibilities as a Therapy Client

You are responsible for actively participating in our therapeutic partnership, by making a commitment to your success, which includes addressing feelings which may be difficult or uncomfortable, following through with homework, honestly sharing your thoughts and feelings, actively participating in the development of your goals, making sure your goals are understood, and being on time for your sessions. You are responsible for canceling your session with at least twenty-four hours notice, unless it is Deemed an emergency, otherwise you will be charged the full fee. You, not your insurance company or any other person or company, are responsible for paying the fees

we agree upon. You are responsible for checking your insurance coverage, deductibles, payment rates, co- payments, and so forth. You are responsible for knowing how to contact me or other resources in case of an emergency. My signature below acknowledges that I, the client or his/her parent or guardian, have received, have read (or have had read to me), and understand the "Client Rights and Responsibilities" form. I have discussed those points I did not understand, and have had my questions, if any, fully answered.

Signature of client or legal guardian

Date

Signature of therapist

Date

_____ Copy given to client _____ Copy kept by therapist