

# Privacy & Confidentiality

When your therapist is outside of the clinic, they never talk about what has been said in a therapy session. It may be that details of the case are discussed with other therapists during supervision or case conferences inside the clinic. However, when this is done, names or other identifying information are never mentioned.

When other agencies or employers (including your employer) request information on your case, they must first obtain your written permission. No information can be legally transmitted without your signed consent.

The same laws that apply to your medical records also apply to your psychotherapy file kept here at the clinic. Your file is just as confidential as are any of your medical records or files. No one besides yourself and your therapist has the right to go through your file. By law, the file itself needs to be kept for seven years and then it is destroyed.

## Some Exceptions

### Risk to self or others

Therapists are bound by law to report any danger of harm to oneself or to others made by a client. The therapist has no choice in the matter. If a strong chance of danger exists, the therapist and the client attempt to develop a safety plan. If the therapist judges that no plan is applicable, the therapist will notify the police and will attempt to notify the person threatened in cases when another person's safety is threatened.

### Court orders:

A judge can order your confidential file to be examined by the court.

### Child abuse:

Therapists are bound by law to report any past or ongoing abuse including physical abuse (including questionable physical punishment), mental abuse, sexual abuse, and neglect of a child, when that child or another child is in that same abusive environment (home, school, church, etc.)