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Limits of Confidentiality

Psychotherapy is confidential, with the below stated exceptions.

Duty to Warn: Therapists are mandated by law to disclose pertinent information discussed in therapy if the client has an intent or plan to harm another person. We are required to inform the intended victim and notify legal authorities.

Suicide/Self Harm: Depression is a common emotion expressed in therapy; but if a client is feeling hopeless enough to imply or disclose a plan for suicide, steps need to be taken to ensure safety. This would include notifying the legal authorities as well as make reasonable attempts to notify the family.

Vulnerable Adults and Children: Mental health professionals are required by law to report stated or suspected abuse of a child or a vulnerable adult to the appropriate social service agencies and/or legal authorities.

Prenatal Exposure to Controlled Substances: In keeping with protecting vulnerable populations, mental health providers are required to report admitted use of controlled substances during pregnancy that are potentially harmful to the fetus.

Animal Abuse: Instances of animal abuse, including cases of neglect and hoarding, will be reported.

Minors/Guardianship: Parents or legal guardians have the right to access a minor client's health information. In psychotherapy, legal adult age is 18 unless stated in the laws of the state you resided.

Insurance Providers: Information requested includes description of impairments, dates and times of service, diagnosis, treatment plans, treatment progress, prognosis for improvement, case notes, and summaries.

I have read and understand the above-stated Limitations of Confidentiality. I accept the subsequent ramifications should there be a need to act on one of the above stated exceptions. Other than the noted exceptions, if there are reasons to disclose my protected confidential information, I understand that I will be provided a Release of Information form for authorization.



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Signature of Client

Print Name of Client

Date of Notice Confirmation