



Confidentiality of Records

The privacy of your sessions and the information you share are extremely important. While you are free to discuss anything that happens in our work together, I will not discuss such matters without your written consent or under one of the rare exceptions noted below. In all aspects of my practice, communications between my clients and myself are treated with strict confidentiality. To the degree allowed by law, your contact with my office and myself will not be shared with any person or organization unless you instruct me to do so.

There are, however, situations written in the laws that deny me complete control over confidentiality of communication. I believe it is important that you are aware of these circumstances so that we may discuss in what ways your work might be affected. I am legally required to report certain instances where either abuse or threat of harm exists. These instances include when I become aware that a client has been sexually involved with a treating therapist, and when I believe a client is intending to cause physical harm to himself/herself or a potential victim. I am also ethically bound to report child and elder abuse or abuse to a disabled person. My records are subject to subpoena by the courts. The law also permits me to share records of client appointments with insurance companies and collection agencies for obtaining payment. If you are here for treatment related to a legal proceeding, the report will be shared with other parties involved in the matter. In such case, you will be asked to sign a release of information form. At times, I will be professionally and ethically bound to seek consultation with other psychotherapists. If your case is discussed, no identifying information will be given.

This list is not comprehensive, but these are among the most common circumstances that could occur. I will inform you if such an obligation arises about your records. The situations outlined above are not routine, and have no impact on the large majority of people seeking professional services.

I am ethically and legally required to adhere to the Health Insurance Portability and Accountability Act (HIPAA) to the best of my ability. This is to protect your Protected Health Information (PHI). The most secure ways for us to communicate are, in order from safest to least safe: (1) in person, (2) over the phone, (3) e-mail, (4) postal mail, (5) text message/instant message/SMS, and (6) social media. Feel free to contact me using methods 1-4 at any time. Please do not contact me through text or social media unless there is no other way to reach me, and it is urgent to make contact before our next session.

I have read and understand the above disclaimer.

Signed _____

Date _____

