

# Limits of Confidentiality

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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.

**Suicide/Self harm:** Depression is a common emotion expressed in therapy. 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 making reasonable attempts to notify the family and possible admission to psych emergency services.

**Animal abuse:** I will report animal abuse, including cases of neglect and hoarding.

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

**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.

**Minors/Guardianship:** Parents or legal guardians have the right to access a minor client's health information. Age of adult for psychotherapy is

**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 to 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.

Client Signature:

\_\_\_\_\_ Date: \_\_\_\_\_