

# Tides of Change Counseling

## Limits of Confidentiality

Psychotherapy is confidential; all information shared with counselor will be treated with respect and strict confidentiality 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. All therapists are required to inform the intended victim and notify legal authorities.

**Suicide/Self harm:** Depression is common emotion expressed in therapy, but if a client is expresses a plan for suicide, steps will be taken to ensure safety. This would include notifying the legal authorities as well as making 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 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.

**Minors/Guardianship:** Parents or legal guardians have the right to access a minor client's health information. Age of adult for psychotherapy is 14.

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

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 Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Client/Guardian Signature