**Protection of Your Privacy**

What we talk about in counselling is private except for some limitations, which are listed below. I protect your privacy physically and electronically by using encryption, passwords, and locks.

If you want me to share information with anyone such as your family member or doctor, you can fill out an Authorization for the Release of Confidential Information.

Emails are not 100% secure in protecting privacy. If you accept the risk for convenience in communicating, you can let me know and we will document your choice.

If we are meeting virtually, Microsoft Teams if the most secure format and my preference. If you prefer another format such as Zoom, this is ok too but you accept the risk that it is not as safe as Teams.

**Limits of Confidentiality**

Psychotherapy is confidential, with the below stated exceptions:

1. **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.

1. **Suicide/Self harm**: Depression is 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.

1. **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.

I have read and understand the above-­‐stated limitations to confidentiality.

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:\_\_\_\_\_\_\_