

Confidentiality

All information disclosed within psychotherapy sessions and all written records pertaining to psychotherapy treatment are confidential. According to the confidentiality laws of California, no information about you can be released without your verbal and/or written authorization and/or permission. Under several specific legal conditions, however, disclosure of confidential information is required or permitted by law. In such instances, confidentiality is waived.

All psychotherapists are required to disclose confidential information about you if any of the following conditions exist:

1. You are a danger to yourself or others. This includes disclosure or reasonable suspicion of child, dependent or elder abuse or neglect; threats to the physical well-being of others and/or their property; serious risk of self-harm to yourself; the inability to care for yourself because you are gravely disabled.

2. You seek treatment to avoid detection or apprehension of a crime, or to enable anyone to commit a crime.

3. Your psychotherapist is appointed by the courts to evaluate you.

4. Your contact with your psychotherapist is for the purpose of determining sanity in a criminal proceeding.

5. Your contact with your psychotherapist is for the purpose of establishing your competence.

6. The contact with your psychotherapist is one in which your psychotherapist must file a report to a public employer or as to information required to be recorded in a public office, if such report or record is open to public inspection.

7. You are under the age of 16 years old and are the victim of a crime.

8. You are a minor and your psychotherapist reasonably suspects you are the victim of child abuse.

9. You are over the age of 65 years old and your psychotherapist believes that you are the victim of physical abuse. Your psychotherapist may disclose information if you are over the age of 65 and the victim of emotional or fiduciary abuse.

10. You die and the information is important in deciding an issue about a deed, will, conveyance, or other writing executed by you and affecting an interest in property.

11. You file suit against your psychotherapist for breach of duty or your psychotherapist files suit against you.

12. You have filed suit against anyone and have claimed emotional and/or psychological damages as part of the suit.

13. You waive your rights to privilege or give consent to limited disclosure by your psychotherapist.

14. Your insurance company is paying for services; insurance companies have the right to review psychotherapy records for psychotherapy services for which they have been billed.

15. You disclose to your therapist that you are downloading child pornography.

Psychotherapists are allowed to disclose confidential information about you if any of the following conditions exist:

1. You fail to pay your bill and your account is turned over to a collection agency or attorney.

2. There is an emergency during psychotherapy treatment, or in the future after termination of treatment, where the psychotherapist becomes concerned about your personal safety, the possibility of you injuring someone else, or about you receiving proper psychological and/or psychiatric care. In such situations, the psychotherapist is allowed to do whatever she or he can, within the limits of the law, to prevent you from injuring yourself or others and to ensure that you receive the proper psychological and/or medical care. For this purpose, the psychotherapist may also contact the person whose name you have provided on the initial intake sheet.

3. In couple and family therapy, or when different family members are seen individually for treatment, confidentiality and privilege do not apply between the couple or among family members. The psychotherapist will use her or his clinical judgment when revealing such information. The psychotherapist will not release records or information about family or couple therapy to any outside party without authorization from all adult family members who were part of the treatment.

4. When a minor is seen in individual, family, or group treatment, confidentiality and privilege do not apply between the minor and her or his parent(s) or legal guardian(s). The psychotherapist is allowed to use her or his clinical judgment to reveal information to the parent(s) or legal guardian(s).

As per the Ethical Guidelines For Psychologists set forth by the California Board of Psychology and the American Psychological Association, I sometimes consult with other qualified mental health professionals for specific information or input that is helpful to my cases. When seeking such consultation, I make every effort to protect the confidential identity of my patients and reveal the least amount of identifying data necessary.