

Laurel Fay & Associates, LLC

Licensed Marriage and Family Therapists

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THE NATURE OF CONFIDENTIALITY

1. As your therapist I strive to provide a safe haven in which you can openly explore very personal issues. I am committed to guarding your right to privacy, within the limits of the law. There are issues surrounding confidentiality of which you should be aware.
2. There are certain situations in which a **therapist is required by law to reveal information** obtained during therapy. Disclosure is required by law in the following circumstances:
 - a. A reasonable **suspicion of abuse/neglect of a child or vulnerable adult**. A report will be made to appropriate protective agencies.
 - b. When you **threaten grave bodily harm to others**. As therapists we have a duty to warn those you have threatened.
 - c. When you are **suicidal or threaten significant bodily harm to yourself**. We have a duty to obtain help from others such as family members or other professionals to do what is necessary to keep you safe.
 - d. When a court of law issues a legitimate **court order** (signed by a judge).
 - e. When you are in a **probation or parole period** or other legal situation that would require disclosure.
3. Except in the above circumstances, your therapist will release information about you only if you provide a **written request**. Releases of information for families/couples in therapy require the written permission of **every member** of the family/couple in treatment able to execute a waiver.
4. If a **child under the age of consent** (younger than 16) is seen, all custodial parents have a right to information shared in the session. Custodial parents should be aware that exercising this right may be detrimental to the therapeutic process, and so may wish to allow confidentiality between the child and therapist.
5. There are special **confidentiality concerns for families and couples** in treatment.
 - a. The couple or family is viewed as the "treatment unit."
 - b. Your therapist will not reveal any individual's confidences to others in the treatment unit.
 - c. It is important for you to be aware that "secrets" that are kept from family members are generally not healthy for you or your family. For this reason, if an individual member or subset of the couple/family discloses a confidence that has bearing on other family members, your therapist will encourage the person(s) to reveal the information to the other members, and will support you in finding ways to make such a disclosure.
 - d. Should you reveal to me a "secret" that you refuse to disclose to the others and that puts the therapist, by knowing the "secret", in a position of hurting the honest relationship with others in the treatment unit, therapy will be terminated.

I affirm that I have read and understand the nature of confidentiality in therapy as set forth above. I have had an opportunity to ask questions and have had my questions answered satisfactorily.

Name

Signature

Date

Name

Signature

Date

Name

Signature

Date