

Informed Consent

As a client you have both rights and responsibilities when consulting a mental health professional for evaluation or treatment.

1. You have the right to choose the treatment provider that is best for you. Additionally, there are many different treatment approaches and you have the right to an explanation of those used in you and your child's treatment. If you have a concern regarding any treatment approaches or techniques please bring this up with your clinician. If you feel you are not getting appropriate treatment please discuss it with your clinician who can revise your treatment plan or refer you as appropriate. You have the right to discontinue treatment for any reason, as does your provider.
2. You have the right to know the training and qualifications of your therapist. If you have complaints regarding your clinician please bring it to their attention so it can be resolved. If a resolution is not reached you have the right to make a complaint to the appropriate licensing agency. When beginning therapy it is important to know that symptoms may briefly increase. This is typically short term and is a normal part of the healing process. If you notice a change in symptoms please inform the clinician.
3. You have the right to confidentiality. This means that with the following exceptions what you disclose to your therapist will not be repeated or released to others without your signed consent.

Exceptions:

- a. If a child or an elder is neglected or abused
 - b. If someone is in imminent danger (homicidal or suicidal plan)
 - c. Consultation as necessary with other mental health professionals.
 - d. If records are subpoenaed
 - e. If a second party payor is billed
 - f. Office staff may have access to some information
4. Your rights comprise:
 - the right to be treated with dignity and respect.
 - the right to fair treatment. This is regardless of their race, religion, gender, ethnicity, age, disability, or source of payment.
 - the right to information from staff/providers in a language you can understand.
 - the right to have an easy to understand explanation of your condition and treatment.
 - the right to know all about their treatment choices. This would mean no matter of cost or if they are covered or not.