



A New Day Psychology LLC

CONFIDENTIALITY INFORMATION

We will treat what you tell us with great care. My professional ethics (that is, my profession's rules about moral matters) and the laws of this state prevent me from telling anyone else what you tell us unless you give us written permission. These rules and laws are the ways our society recognizes and supports the privacy of what we talk about—in other words, the “confidentiality” of therapy. But we cannot promise that everything you tell will *never* be revealed to someone else. There are sometimes when the law requires us to tell things to others. There are also some other limits on our confidentiality. Because we want you to understand clearly what we can and cannot keep confidential we have prepared this handout. These are very important issues, so please read these pages carefully and keep a copy. We can discuss any questions you might have.

INSURANCE: At this time, we are on BCBS, Cigna, and MEDICARE insurance panels. If you use health insurance to pay a part of my fees, insurance companies require some information about therapy. Insurers such as Blue Cross/Blue Shield or managed care organizations may ask for information about you and your symptoms, as well as a detailed treatment plan. Please understand that we have no control over how these records are handled at the insurance company.

LEGAL LIMITATIONS TO CONFIDENTIALITY: You have the right to keep what you tell me private. Generally, no one will learn of our work without your written permission. There are some situations in which we are required by law to reveal some of the things you tell us, even without your permission. Here are some of these situations: a. If we come to believe that you are threatening serious harm to another person, we are required to try to protect that person. We may have to tell the person and the police, or perhaps try to have you put in a hospital. b. If you seriously threaten or act in a way that is very likely to harm yourself, we may have to seek a hospital for you, or to call on your family members or others who can help protect you. If such a situation does come up, we will fully discuss the situation with you before we do anything, unless there is a very strong reason not to. c. In an emergency where your life or health is in danger, and we cannot get your consent, we may give another professional some information to protect your life. We will try to get



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your permission first and will discuss this with you as soon as possible afterwards.

d. If we believe or suspect that you are abusing a child or an elderly person, we must file a report with a state agency. To “abuse” means to neglect, hurt, or sexually molest another person. We do not have any legal power to investigate the situation to find out all the facts. The state agency will investigate. If this might be your situation, we should discuss the legal aspects in detail before you tell me anything about these topics. You may also want to talk to your lawyer.

SENDING YOUR RECORDS OUT: If you want me to send information about our therapy to someone else, you must sign a “Consent for Release of Information” form. We have copies that you can see, so you will know what is involved. If your records need to be seen by another professional, or anyone else, we will discuss it with you. If you agree to share these records, you will need to sign a release form. This form states exactly what information is to be shared, with whom, and why, and it also sets time limits. You may read this form at any time. Copies of your records take time and resource, that you will be charged for. If you have questions, please ask us.

PROFESSIONAL CONSULTATION: We sometimes consult other therapists or other professionals about my clients. This helps us in giving high-quality treatment. These persons are also required to keep your information private. Your name will never be given to them, and they will be told only as much as they need to know to understand your situation.

LEGAL CONSULTATION: The laws and rules on confidentiality are complicated. Please bear in mind that we are not able to give you legal advice. Are you suing someone or being sued? Are you being charged with a crime? If so, and you tell the court that you are seeing a therapist; we may then be ordered to show the court my records. If you have special or unusual concerns, such as these, and so need special advice, We strongly suggest that you talk to a lawyer about these concerns.