

Confidentiality

All information disclosed within psychotherapy sessions and all written records pertaining to psychological treatment and/or assessment are confidential. According to the ethical standards of the American Psychological Association and the confidentiality laws of the state 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 psychologists and other licensed mental health professionals in the state of California 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 psychologist is appointed by the courts to evaluate you.
4. Your contact with your psychologist is for the purpose of determining sanity in a criminal proceeding.
5. Your contact with your psychologist is for the purpose of establishing your competence.
6. The contact with your psychologist is one in which your psychologist 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 psychologist reasonably suspects you are the victim of child abuse.
9. You are over the age of 65 years old and your psychologist believes that you are the victim of physical abuse. Your psychologist 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 psychologist for breach of duty or your psychologist 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 psychologist.
14. Your insurance company is paying for services; insurance companies have the right to review psychological records for psychological services for which they have been billed.

Psychologists and other licensed mental health professionals in the state of California 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, attorney, or small claims court.

2. There is an emergency during psychological treatment, or in the future after termination of treatment, where the psychologist 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 psychologist 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 psychologist may also contact the person whose name you have provided on the initial intake sheet as your emergency contact.

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 psychologist will use her or his clinical judgment when revealing such information. The psychologist 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 psychologist is allowed to use her or his clinical judgment to reveal information to the parent(s) or legal guardian(s).