

Arizona Body-Mind Counseling Client Rights & Confidentiality

Clients can expect to be able to:

1. **Consult with a counselor who will help identify key issues, potential resources and strategies for assistance.**

Recommended resources might include referral to other therapists or other community services. A consultation or counseling session can take up to 45 minutes. Counseling is a conversation or series of conversations between you and a Licensed Professional Counselor (LPC).

If more than the initial consultation is recommended, the frequency of sessions, number of sessions, goals, and type of counseling will be determined by you and your counselor within the limits of both the client and counselor's resources and within the counselor's clinical expertise. Some times a client's needs may necessitate a referral to another therapist or health care professional. In such cases, you will be provided with a referral to an individual or agency where you may receive appropriate care.

Group counseling brings people with common therapeutic goals together. Group counseling sessions may be offered on topics such as: support for relaxation/stress management, enhancing relationships, eating and body image concerns, support for depression and anxiety, identity issues and personal growth.

2. **Have what is disclosed in a counseling session remain confidential.**

What you say during counseling is confidential and will not be disclosed to anyone without your permission. Notes from meetings - along with any related items such as correspondence, psychological inventories, or referral information – are kept secure and confidential and will not be shared with anyone without your permission. Due to the nature of group therapy, the therapist cannot guarantee what is shared in group will remain confidential. All group members will be screened and advised to keep information confidential prior to the first session. When the counselor is aware that a group member has shared confidential information outside the group, that person will be confronted by the therapist and the group and may be dismissed and not allowed back.

There are, however, some exceptions to confidentiality. Counselors are required by law, and by their professional ethics, to break confidentiality if any of the following situations arise:

- a) If a counselor believes that someone is seriously considering and likely to attempt suicide
- b) If a counselor believes that someone intends to assault another person
- c) If a counselor believes someone is engaging or intends to engage in behavior which will expose another person to a potentially life-threatening communicable disease
- d) If a counselor suspects abuse, neglect, or exploitation of a minor or of an incapacitated adult
- e) If a counselor believes that someone's mental condition leaves the person gravely disabled
- f) If required by court order

(Continued)

3. Be referred to other services when the counselor deems him/her self to be unable or unqualified to assist a client.

Not every counselor is capable of working with every client on every concern. Your counselor must abide by professional ethics which require him to only engage in treatments with which he is trained/experienced and to avoid dual relationships with clients. In the event that your counselor is unable to provide care for whatever reason, he will work with you to transfer you to another qualified professional who can address your concerns.

4. Be referred to resources for people with disabilities when appropriate.

Individuals struggle with many different concerns. Sometimes these concerns indicate a disability, as defined by the Americans with Disabilities Act (ADA). Please feel free to discuss with your counselor whether your concerns might constitute a disability and whether you might want to talk with a vocational rehabilitation specialist.

5. Give feedback to your counselor.

In addition to an anonymous web survey conducted each year, you are encouraged to tell your counselor about what is helping and what is not. This feedback can increase the effectiveness of the counseling as well as your overall satisfaction with the process and outcomes.

Please note: E-mail is neither a completely effective nor confidential form of communication with your counselor. Please use the telephone or speak in person when sharing information you wish to keep confidential.

If you are in an after-hours crisis or emergency situation, you are advised to do one of the following:

- 1) Call a crisis line.

TERROS 24 Hour Crisis Line **602-222-9444**

EMPACT Suicide Hotline **480-784-1500**

National Suicide Hotline **1-800-SUICIDE** or

1-800-273-TALK

- 2) Go to your nearest Emergency Room.
- 3) Dial 911 and request emergency assistance.