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Confidentiality / Personal Health Information

All communications and records are held in strict confidence. Information may be released, in accordance with state law, when (1) the client signs a written release indicating consent to release; (2) the client expresses serious intent to harm self or someone else; (3) there is reasonable suspicion of abuse against a minor, elderly person, or dependent adult; (4) to acquire payment for services or for billing purposes, or (5) a subpoena or court order is received directing the disclosure of information. To protect your privacy to the greatest extent of the law, it is my policy to assert either (a) privileged communication in the event of #5 or (b) the right to consult with my clients, if at all possible, before mandated disclosure in the event of #2 or #3.

Electronic Communication

Electronic communications (text messages/internet/email), are not secure methods of communication, and there is some risk that one's confidentiality could be compromised with their use. I often communicate with clients using some of these mediums. If you would prefer to not be contacted electronically, please inform me and I will honor this request.

Client Follow Up

I may check in with you after our work has ended. Once month, three month, or six month follow up calls may be made to check in with clients and see if gains made in counseling have been maintained. If you prefer that I not contact you, simply let me know and I will respect your preference.