

# Client Bill of Rights

You have the right to:

- Get respectful treatment that will be helpful to you.
- Have a safe treatment setting, free from sexual, physical, and emotional abuse.
- Report immoral and illegal behavior by a therapist. You can contact the state and/or national professional group to which I belong (the American Counseling Association), as well as local and state law enforcement agencies.
- Ask for and get information about the my qualifications, including license, education, training, experience, membership in professional groups, special areas of practice, and limits on practice.
- Have written information, before entering therapy, about fees, method of payment, insurance coverage, number of sessions I think may be needed, substitute therapists (in cases of vacation and emergencies), and cancellation policies.
- Decline to enter therapy with me. If you wish, I can provide you with the names of other good therapists.
- Refuse audio or video recording of sessions (but you may ask for it if you wish).
- Refuse to answer any question or give any information you choose not to answer or give.
- Refuse to allow the use of any therapy technique.
- Keep what you say in therapy private. Generally, no one will learn of our work without your written permission. There are some situations in which I am required by law to reveal some of the things you tell me, even without your permission. (See Confidentiality and Privacy handouts for details.)
- Know if I will discuss your case with others (for instance, supervisors, consultants, or students).
- Ask that I inform you of your progress.
- Ask any questions, at any time, about your therapy, and to receive answers that satisfy you. .
- Review your records in my files at any time, to add to or correct them, and to get copies for other professionals to use.
- End therapy with me.