

## ANDERSON COUNSELING - PLLC

### **CLIENT'S RIGHTS AND RESPONSIBILITIES**

Effective communication between the client and the therapist is very important. The following information covers many of the questions that may arise about the therapy process. The Bill of Rights of clients obtaining psychological services is not a legal bill of rights but a statement of what you can reasonably expect from a therapist. You have the right:

- To be informed of fees for therapy and method of payment, including insurance reimbursements.
- To be informed of a therapist's availability and the length of time you can expect to wait for an appointment.
- To be informed of the therapist's areas of specialization and limitations.
- To ask questions about issues related to your treatment.
- To negotiate therapeutic goals and to renegotiate when necessary.
- To ask questions about written materials pertaining to your treatment.
- To refuse a specific intervention or treatment strategy.
- To discuss aspects of treatment with others outside of therapy including obtaining a second opinion.
- To request a report of services rendered to a qualified therapist or organization with your written authorization.
- To know the ethics code to which the therapist adheres.
- To solicit help from the appropriate board in the event of a grievance regarding the therapist's conduct.
- To terminate therapy at any time.

If a grievance with Anderson Counseling PLLC is not resolved to your satisfaction, you may file a complaint with the State of Minnesota Department of Human Services, Licensing at: 651-431-2700.

#### **Psychotherapy can involve some risk for the client in certain situations.**

Sometimes the client will not obtain the desired results or goals from psychotherapy in the time period expected. This can result in frustration and dissatisfaction. During the process of therapy, psychological pain and distress can occur as difficult issues are addressed and worked through. When appropriate, the therapist may recommend a referral for supplemental care or to a more specialized form of care.

#### **Confidentiality is maintained for all clients except in the following cases:**

- If child abuse is either reported or suspected.
- When the client is a minor.
- The parent(s)/guardian(s) are entitled to know the condition, diagnosis and progress of therapy.
- If the client poses a "clear and imminent danger" either to themselves or someone else. The therapist is required to report such a danger to the appropriate parties, including family members, police, or the threatened party.
- If the client is or becomes a "vulnerable adult".
- If the client releases information with written authorization.
- If a court subpoenas your records.
- When consultation or supervision with another therapist is desired in order to provide the best possible therapy. Such discussions will remain private within the consultation or supervisory relationship.

#### **EMERGENCY: If you are in a crisis and need immediate attention we refer you to:**

Crisis Hotline	211
MN Crisis Text Line	Text "MN" to 741741
National Suicide Prevention	1-800-273-8255
Maple Grove Hospital	763-581-1000

**FOR ALL LIFE THREATENING EMERGENCIES PLEASE CALL 911.**