

# Cedar Point Therapy Associates

## Clients Rights and Responsibilities

This Bill of Rights of clients describes 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 ask questions about issues related to your treatment.
- To negotiate therapeutic goals and to renegotiate when necessary.
- To refuse a specific intervention or treatment strategy.
- 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 your therapist is not resolved to your satisfaction, you may file a complaint with the State of Minnesota Department of Human Services, Licensing at 651.296.3971.

**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 parents/guardians are entitled to know the condition, diagnosis and progress of the 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 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 crisis and need immediate attention we refer you to:

**Hennepin County Crisis Connection**

**612.379.6363**

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