Trust 2 Believe

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Client Rights in Psychotherapy

You may ask questions about your treatment, discuss alternatives, decline a proposed intervention, seek a second opinion, and stop treatment at any time. You remain responsible for fees for services already provided and any lawful charges under the signed financial policy.

Your participation and treatment

Therapy is voluntary except where participation is required by a separate legal process. You and your therapist will collaborate on goals, treatment approaches, and referrals when appropriate. Benefits are not guaranteed; discussing difficult experiences may temporarily increase distress.

Confidentiality and its limits

Your treatment information is protected by applicable federal and California law. Disclosures may occur with valid authorization or when permitted or required by law, including certain mandated abuse reports, serious safety concerns, and legally valid processes. Psychotherapy records may receive special protections; not every subpoena automatically authorizes disclosure.

Records and recordings

You may request access to or copies of records subject to applicable exceptions, request corrections, and receive a copy of the privacy notice. Neither party should record sessions without appropriate prior permission; any clinician recording requires specific informed consent.

Questions and complaints

You may raise concerns without retaliation. California Board of Behavioral Sciences licensing and complaint information should be provided in the final approved version.

I acknowledge receiving information about my rights

☐ Acknowledged

Acknowledgment / signature

Client full name

Client signature (type name if accepted by your secure e-signature workflow)

Date

Electronic signatures should be collected through an approved system that records consent and audit details.