

Patient 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.
- Discuss your therapy with anyone you choose, including another therapist.
- Have any therapy procedure or method explained to you before it is used.
- See all the information about you in the therapist's files, or have it shared with another professional or group at your request.
- Ask your therapist about anything about therapy—and, if not satisfied, complain to the therapist's superior, or even file a complaint with the government or the therapist's professional group.
- Read a copy of the therapist's guidelines or rules about practicing therapy, such as the therapist's code of ethics.
- Report immoral and illegal behavior by a therapist.
- Ask for and get information about the therapist's qualifications, including his or her 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 the therapist thinks will be needed, substitute therapists (in cases of vacation and emergencies), and cancellation policies.
- Refuse audio or video recording of sessions (but you may ask for it if you wish).
- Refuse any test, evaluation, or therapy of any kind.
- Refuse to answer any question or give any information you choose not to answer or give.
- If a patient is ordered to be evaluated or to come to therapy by a court, however, there may be legal problems when he or she stops treatment.
- Know if your therapist will discuss your case with others (for instance, supervisors, consultants, or students).
- Ask that the therapist inform you of your progress.

In this list your rights are described in very brief terms, and this state's laws or rules may give them somewhat differently. If you want more information, please ask me, and we can discuss your actual rights in this state under its current laws and rules.

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