Informed Consent and Limits of Confidentiality

Psychotherapy is a voluntary process intended to support your mental health and treatment goals. Therapy may involve discussing difficult experiences, emotions, relationships, or behaviors and may sometimes result in temporary emotional discomfort. You are encouraged to ask questions about your treatment at any time and may choose to discontinue services.

Confidentiality

Information discussed in therapy is generally confidential. However, there are circumstances in which I am legally required or legally permitted to disclose information without your authorization.

As a Licensed Clinical Social Worker and mandated reporter, I may be required to make a report when I have reason to suspect:

- Abuse or neglect of a child
- Abuse, neglect, or exploitation of an elderly adult or adult with a disability

Other disclosures may also be required or permitted by law, such as in response to certain court orders or legal requirements.

Risk of Harm to Self or Others

If you disclose suicidal thoughts, thoughts of harming another person, or other serious safety concerns, I will assess the level of risk with you.

Disclosure of suicidal thoughts does **not automatically** result in hospitalization or emergency intervention. My response will be based on the circumstances and my clinical assessment of your safety.

If I determine that there is a serious or imminent risk of harm to you or another person, I may take reasonable steps to help protect your safety or the safety of others. These actions may include:

- Developing or updating a safety plan
- Contacting an emergency contact
- Coordinating with another healthcare provider
- Contacting crisis, medical, mental health, emergency, or law-enforcement personnel
- Recommending or facilitating a higher level of care

Texas law may also permit me to disclose otherwise confidential information to appropriate medical, mental health, or law-enforcement personnel when I determine that there is a probability of imminent physical injury to you or another person, or an immediate risk of serious mental or emotional injury to you.

Whenever possible and clinically appropriate, I will discuss safety-related actions with you before taking them.

Emergency and Crisis Support

Therapy messaging, email, and other routine communication methods are not monitored continuously and should not be relied upon for emergency or crisis support.

If you are experiencing a mental health emergency, please contact the **988 Suicide & Crisis Lifeline**, go to your local emergency room, or call **911**.

Acknowledgment

By attending and participating, I acknowledge that I have reviewed and understand the nature of psychotherapy and the limits of confidentiality. I understand that I may ask questions about these policies at any time.