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Limits to Confidentiality

Everything said in psychotherapy is held in the strictest confidence (even the fact that you are my client is confidential) unless you have given your *written permission* for me to discuss specific personal details with another professional (teacher, psychiatrist, doctor).

There are exceptions to this, which you should know:

1. Danger to Self- If I learn that my client is a threat to him/herself (suicide, serious high-risk behavior) I must initiate action to protect my client from him/herself, which will necessitate sharing personal information.
2. Danger to Others - If I learn that my client plans to cause harm to others, I must breach confidentiality to protect potential victims of violence.
3. Abuse and Neglect - If I learn that a child or dependent adult (elderly, disabled) is being physically, mentally, sexually or financially abused I must breach confidentiality by reporting this abuse to local law enforcement and CPS or APS.
4. Minors/Parents - Children under the age of 12 deserve a private relationship with their therapist, (but confidentiality belongs to the parents) so the specifics of my conversations with children are rarely shared with parents. General themes and the progress of therapy will be discussed with parents. Serious symptoms, disclosures of abuse or threats to a child's safety will always be shared with parents. We can discuss this fully in person.
5. Subpoena – Although this is EXTREMELY uncommon, my professional notes may be subpoenaed by a court of law. I may ultimately be obligated to surrender my files. However, this would not be done without your advanced knowledge.

I have read this and understand the limits of confidentiality.

_____ date _____