



## Client's Bill of Rights

*You*, the client, have the right to:

- Receive respectful treatment that will be helpful to you;
- Receive a particular type of treatment or end treatment without obligation or harassment;
- A safe environment, free from sexual, physical, and emotional abuse;
- Report unethical and illegal behavior by a therapist
- Ask questions about your therapy;
- Request and receive full information about the therapist's professional capabilities, including licensure, education, training, experience, professional association membership, specialization, and limitations;
- Have written information about fees, methods of payment, insurance reimbursement, number of sessions, substitutions (in cases of vacation and emergencies), and cancellation policies *before* beginning therapy;
- Refuse electronic recording, but you may request it if you wish;
- Refuse to answer any questions or disclose any information you choose not to reveal;
- Know the limits of confidentiality and the circumstances in which a therapist is legally required to disclose information to others;
- Know if there are supervisors, consultants, students, or others with whom your therapist will discuss your case;
- Request, and in most cases receive, a summary of your file, including the diagnosis, your progress, and type of treatment;
- Request the transfer of a copy of your file to any therapist or agency you choose;
- Receive a second opinion at any time about your therapy or therapist's methods;
- Request that a therapist inform you of your progress.