

Clients' Rights in Therapy

Clients generally have the right to:

- Know all about the therapist's experience and training.
- Discuss their therapy with anyone they choose, including another therapist.
- Know all about the terms of therapy, such as its cost, appointment times, privacy issues, and so on.
- Have any therapy procedure or method explained to them before it is used.
- See all the information about them in the therapist's files, or have it shared with another professional or group at their request.
- Ask the 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.
- Refuse any test, evaluation, or therapy of any kind.
- If a client 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. 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.