

Agreement of Confidentiality With Teenage Clients

Legally, parents hold the rights to confidential communication between minor clients (under the age of 18) and their therapist. However, I have found that psychotherapy works best when teenagers feel that information they share with their therapist will be kept private and not told to their parents. In light of that understanding the following agreement was developed.

In cases where the teenager is in immediate, life-threatening danger or could be a danger to someone else or in cases of abuse, the parents, of course, will be informed. Otherwise, parents will not be told the content of their teens' conversations with their therapist. In some cases parents agree to their minor child's confidentiality with the exception that they request to be informed should specific conditions arise in the client. These conditions are specifically listed on the agreement. (examples: "I wish to be informed if my child is sexually active", "I wish to be informed if my child is using drugs recreationally", etc...)

When the therapist feels it is important to have certain information shared with the parents, the client will be encouraged to do so and family sessions may be help to facilitate this process.

The therapist will periodically meet with the parents to give them a general update on progress, to assist them with parenting issues, or to share information the teenager has authorized.

The minor client should be well aware of the limits of this agreement. It is not a document waving their parent's legal rights to confidential communication between minor clients and their therapist. Instead it is an agreement in good faith between client, parent and therapist to keep session confidential.

By signing below, we indicate that we have read, understand and accept the above agreement of confidentiality with the listed exceptions.

Listed Exceptions:

Adolescent's name

Adolescent's signature

Date

Parent's name

Parent's signature

Date

Therapist's name

Therapist's signature

Date