

A Counseling Center, P.C. Clients Have the Following RIGHTS

INFORMATION:

1. To know about the education and training of your counselor.
2. To know the therapy orientation of your counselor.
3. To know the risks and benefits of the services you receive.
4. To know the goals of the program.
5. To know what is expected of you as a client of A Counseling Center, P.C.
6. To know what services A Counseling Center, P.C. provides.
7. To know the comparable risks and benefits of alternative programs or therapies.
8. To be informed of any experimental procedures.
9. To be informed of any deviations from standard practices.
10. To know about alternatives to services at A Counseling Center, P.C. including services such as: self-help books, tapes, and videos; training programs such as: parenting, self-help programs, pastoral counseling.
11. To know the costs of services.
12. To know the expected and projected length of therapy or counseling.
13. To know the limitations of confidentiality.
14. To know mandatory reporting requirements.
15. To know what information is kept and how records are maintained.
16. To review your files with your counselor unless it is deemed non-therapeutic to do so because of its negative impact on you, your outlook, or your emotions.

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ACCOMMODATION:

1. To request that you be assigned another counselor if you do NOT believe that you can work with your present counselor.
2. To have different opinions, ideas, and beliefs from your counselor.
3. To accept, reject, or modify anything your counselor tells you.
4. To maintain your resistance and defenses until you are able to use new skills that empower you to no longer feel the need to depend on your resistance and defenses.
5. To challenge and confront your counselor.
6. To question everything—especially treatment decisions.

CONVENIENCE:

1. To have regularly scheduled appointments.
2. To have appointment times that fit your schedule whenever possible.
3. To have the best services available.
4. To have fees that are in-line with those of similar services in the same community.
5. To be referred for services elsewhere if A Counseling Center, P.C. is NOT able to provide the services you need or want.

PROTECTION:

1. To have counselors who will follow all the legal, professional, and ethical guidelines of their profession regarding physical contact with clients and all other therapy issues.
2. To have counselors who do NOT engage in “client bashing” when staffing clients.
3. To have counselors who will NOT engage in dual relationships with you, that is, to have counselors who will NOT destroy the therapeutic relationship by developing other relationships with you

such as a friendship or business relationship.

4. To be treated in a professional manner at all times.
5. To have 24-hour access to a counselor in case of an emergency.
6. To receive prompt help in emergency situations.
7. To have your attendance in therapy and records of your therapy kept confidential within the limits of confidentiality.
8. To refuse to allow your sessions to be audio or video taped.
9. To NOT be verbally, emotionally, physically, chemically, or sexually abused by your counselor.
10. To use grievance procedures when you have a complaint with your counselor that you are NOT able to resolve with your counselor.
11. To NOT be discriminated against based on race, religion, creed, color, ethnicity, gender, age, disability, national origin, marital status, or economic status.
12. To terminate therapy for your own reasons.
13. To have a clean and safe environment, that is, to attend sessions in a building that is clean and safe.
14. To be respected as a person, as a human being with intrinsic worth.
15. To choose NOT be coded or labeled by the program with the understanding that the program cannot then treat you without your paying privately. The program cannot obtain third-party payments (insurance, Medicaid, etc.) without a diagnosis or label from the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

BE KIND TO YOURSELF!