

Client's Bill of Rights

- receive respectful psychotherapy that will be helpful to you
- receive a particular type of psychotherapy or end psychotherapy 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 certification, education, training, experience, professional association membership, specialization, and limitations
- have written information about fees, methods of payment, insurance reimbursement, number of sessions, substitutions (in case of vacations and emergencies), and cancellation policies
- refuse or request electronic recording
- 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
- request a summary of your file for yourself or for any therapist or agency you choose
- receive a second opinion at any time about your therapy or therapist's methods
- request that the therapist inform you of your progress