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Counseling with a Child / Minor
Supplement to Professional Disclosure Statement

Thank you for choosing me as your counselor. This document is designed to inform you about my policy regarding confidentiality when I am providing treatment services to a minor. Note that the exceptions already described in my Professional Disclosure Statement remain in effect when I work with a minor.

The element of trust in counseling is essential in order for counseling to be productive and helpful to the client. Thus, when I am working with a minor, both parent and child must understand and agree to my policy regarding the confidentiality of what the child discloses to me. While I do regularly discuss with the parent(s) / guardian(s), in general terms, the progress of and treatment goals for the child, I do not share details of the content of the counseling sessions between myself and the child. Otherwise, if the child believes that I am going to share these details with the parent, they will not trust me and our counseling progress will be seriously impaired.

One exception is in the event that the child discloses something that leads me to believe that the child is in imminent risk of harm. For other less urgent matters, I will often encourage the child to tell the parent(s) / guardian(s) themselves, and I will work with the child regarding how to go about doing so.

Divorced/Separated Parents/Guardians

With my child clients who have separated or divorced parents, I will, if requested, periodically send an email update of progress-to-date to both parents as well as to a limited number of other important, approved adults. Between updates, if I have a specific concern about something, I will send the adults an email about that concern. If one of these adults is present at the time of a session, I might occasionally take the opportunity to speak with this adult face-to-face, and sometime soon thereafter send an email to the approved adults summarizing my words. Note that unless the topic is urgent, this email may not be sent immediately. Note that my emails are unlikely to include information provided to me by any of these approved adults, to avoid putting myself in the middle of dynamics that the adults need to work out themselves. Please note that I cannot be the solution to parents withholding information from one another about their child. If this dynamic is a problem, I might recommend we have a session with all of the involved adults, face-to-face, to try to come up with some solutions.

By signing this document, you indicate that you have read, understood, and agreed to the information included in this document, and that any questions you have in regards to this document have been answered to your satisfaction.

Signature of Parent/Guardian

Date

Signature of Counselor

Date