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www.family-counselling.org

Voluntary Consent to Limits of Confidentiality

Mutual cooperation within a confidential environment is the basis of the counselling process. The following information frames the limits of that confidentiality between therapist and patient.

- **Privacy of sessions**

Professional therapists have a duty to keep in-private the information shared between the therapist and patient during the course of their therapeutic relationship. This includes individual conversations conducted with spouses in couple's therapy – they are not shared with the other spouse unless permission is granted. All records of this information are kept securely.

There are, however, by law three instances where confidentiality must be broken for the general welfare:

- Serious threats of self-harm or suicide;
- Serious threats of homicide or harming another individual;
- Sharing information about dependent person being at risk of abuse - whether a minor or an elderly person.

- **Professional supervision**

In keeping with standards of professional ethics, brief notes of counselling sessions are kept and periodic consultation with other helping professionals occurs in their capacity as clinical or peer supervisors. Any identifying information is carefully guarded or omitted altogether.

With the patient's permission, information pertinent to the therapist/patient relationship may be sought. This includes consultation with current or past medical and psychotherapeutic professionals.

Patient signature (or guardian if appropriate):

Please print name here in capitals:

Day: _____ Month: _____ Year: _____

Therapist Signature:
