

Client Rights & Responsibilities

I. Your Rights as a Client

As a participant in “A Bridge to Connection” counseling services, you have the right to:

Dignity and Respect: To be treated with respect and consideration, regardless of your race, religion, gender identity, sexual orientation, or disability status.

Informed Consent: To be informed about the counselor’s qualifications, the nature of the treatment, and any potential risks or benefits associated with therapy.

Confidentiality: To have your personal and clinical information kept private, as protected by law (subject to specific legal exceptions such as “duty to warn”).

Self-Determination: To participate in the development of your treatment plan and to refuse any specific technique or terminate counseling at any time.

Access to Records: To request a review of your clinical records or a summary of your progress.

II. Your Responsibilities as a Client

To ensure the most effective therapeutic outcome, you are expected to:

Honesty and Openness: To provide accurate and complete information regarding your history, substance use, and current challenges.

Engagement: To actively participate in your treatment plan and complete agreed-upon “homework” or reflections between sessions.

Consistency: To attend scheduled appointments on time. If you must cancel, please provide at least 24 hours’ notice.

Safe Environment: To arrive for sessions in a state that allows for productive work (e.g., not under the influence of mind-altering substances that impair your ability to engage).

Respect for Boundaries: To respect the professional boundaries of the counselor and the physical environment of the practice.

III. Limits of Confidentiality

While your privacy is our priority, please be aware that legal and ethical standards require the disclosure of information in the following circumstances:

If there is a clear and imminent danger to yourself or others.

If there is reason to suspect the abuse or neglect of a child, elder, or vulnerable adult.

If the records are subpoenaed by a court of law.