Apple Psychological Associates

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Confidentiality With Teenage Clients

Legally, parents hold the rights to confidential communication between minor clients and their therapist. However, we have found that psychotherapy works best when teenagers feel that information they share with their therapist will not be told to their parents.

In cases where the teenager is in immediate, life-threatening danger, the parents, of course, will be informed. Otherwise parents will not be told the content of their teens conversations.

When the therapist feels it is important to have certain information shared with the parents, the client will be encouraged to do so and family sessions may be held to facilitate this process.

The therapist will periodically meet with the parents to give them a general update on progress, to assist them with parenting issues, or to share information the teenager has authorized.

We have read, understand, and agree to accept the above policy.

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Name Date

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Name Date

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Name Date