



Therapy and Privacy

Therapy works best when you are open and honest. If you have never seen a therapist before, you may have some questions about privacy. Let us see if we can answer some of these questions.

WILL THE THINGS I DISCUSS IN THERAPY BE KEPT PRIVATE?

To begin, let us look at the idea of confidentiality, which is a fancy word for privacy. The idea is that the therapist keeps what you say to themselves and does not share it unless you give permission to do so.

Understanding confidentiality is a big part of being a therapist. So big in fact, that there are codes of ethics and laws that talk about it. Therapists know that for you to feel safe talking about private things, you need a place that you know is safe to talk about anything you would like without fear that what you say would leave the room.

At your first visit, the therapist should give you written information explaining privacy policies and how your personal information will be handled. This information will explain that in some cases, there are exceptions where information may be shared, which is discussed in the next question/answer.

For Parents:

The Health Insurance Portability and Accountability Act (HIPAA) contains a privacy rule that creates national standards to protect individual medical records and personal health information. This law does cover and include information about psychotherapy and mental health. The HIPAA Privacy Rule is designed to be a minimum level of protection. Colorado state laws also address disclosure of confidential communications.

WHEN CAN A THERAPIST SHARE MY PRIVATE INFORMATION WITHOUT MY CONSENT?

Therapists may disclose private information without consent to protect you or others from serious harm. If any child abuse or neglect is discussed or intent to seriously harm another person, the therapist is legally bound to report that information. Therapists may release information if they receive a court order.

WILL SECOND WIND FUND SEE MY RECORDS?

Absolutely not! Second Wind Fund does not require nor request that we see your records. Your records remain with the therapist of your choice.

CAN I ASK QUESTIONS OF MY THERAPIST ABOUT PRIVACY?

Yes, please ask questions. It is important that you ask all questions that you have and make sure that you get the answers that you need. Your therapist should be able to answer and talk specifically about how they keep your records and their practices.