



## **JW Therapy Confidentiality Policy**

**COUNSELLING** is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained Counsellor who has the desire and willingness to help you accomplish your individual goals. Counselling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counselling, there may be periods of increased anxiety or confusion. The outcome of counselling is often positive; however, the level of satisfaction for any individual is not predictable. Your Counsellor is available to support you throughout the counselling process.

### **CONFIDENTIALITY:**

All interactions with Counselling Services, including scheduling of or attendance at appointments, content of your sessions, progress in counselling, and your records are confidential. No record of counselling is contained in any academic, educational, or job placement file. You may request in writing that the counselling staff release specific information about your counselling to persons you designate.

### **EXCEPTIONS TO CONFIDENTIALITY:**

- Your counsellor may consult with other counselling staff to provide the best possible care. These consultations are for professional and training purposes.
- If there is evidence of clear and imminent danger of harm to self and/or others, a Counsellor is legally required to report this information to the authorities responsible for ensuring safety.
- If your Counsellor learns of, or strongly suspect, physical or sexual abuse or neglect of any person under 18 years of age a report may be made to Child Protection. Your counsellor will, if appropriate, advise you if a report is being made.
- A Court Order, issued by a Court, may require JW Therapy to release information contained in records and/or require a Counsellor to testify in a court hearing.