



## Confidentiality Statement

All interactions and communications between you and your psychologist are private and are protected by HIPAA (Health Insurance Portability and Accountability Act). This means that anything we discuss, any records we keep, any assessments you undergo, and any reports from those assessments belong to you and are kept absolutely private and confidential. We cannot release any information about you or even confirm that you are a client without your written permission to do so.

There are 4 basic exceptions to this rule:

1. **Imminent danger to yourself:** If I am concerned that you may be at imminent danger to yourself, your provider will contact your emergency contact or appropriate authorities in order to keep you safe. This exception does not necessarily apply when people are feeling down or even having suicidal thoughts; it only applies when there is a reason to believe you are not safe in the immediate future. Although your provider will take steps to keep you safe in such cases, your provider will discuss it with you before they talk with anyone else.
2. **Imminent danger to someone else:** If your provider is concerned that you may be at risk to harm someone else, they are mandated by North Carolina law to contact the authorities and/or try and warn the person who may be at risk. Again, although your provider will take necessary steps for safety, they will discuss the situation with you before talking with anyone else.
3. **Abuse to a minor child or a disabled adult is reported:** If you tell your provider about a minor child or a disabled adult who is being abused, they are mandated by North Carolina law to contact the authorities and report the abuse. Should this come up in session, your provider will discuss this situation before making the report.
4. **Court subpoenaed testimony or records:** On very rare occasions, an individual's psychological records may be subpoenaed by a judge, or your provider may be subpoenaed to testify in court. Your provider cannot withhold the records or refuse to testify if ordered by a judge, though again they will discuss the situation in session before taking any action.

This description of Confidentiality policies is yours to keep. Please let your provider know if you have any questions or concerns.

Providers at Catalyst Therapeutic Services, PLLC