

Client Bill of Rights

- You have the right to consult as many therapists as necessary until you find someone you feel is appropriate for you. If you are in a crisis that endangers you, it is important to connect with someone who can help you address the crisis immediately. You have the right to select another therapist, however, at any point it seems appropriate to you.
- You have the right to be treated with respect at all times and to ask your therapist questions about things that are important for you to know.
- You have the right to work with a therapist who acknowledges personal values and who will not impose them on you. You have the right to your own sexual choices, lifestyle, body size, spiritual orientation, personal values and the right to full support in finding your own way.
- You have the right to ask about your therapist's training and licensing, theoretical orientation, use of techniques, professional experience and personal therapy.
- You have the right to know your therapist's attitude regarding medication and to discuss the pros and cons of whether to take it. Only a medical doctor can prescribe medication.
- You have the right to contract with a therapist for a certain number of sessions to work on a specific goal even though many concerns are more suited to an open-ended process or your therapist may be oriented toward longer term work.
- You have the right to request that your therapist consult others in your behalf and to grant or deny permission if your therapist requests this.
- You have the right to refuse to answer any questions or give any information. It is usually helpful in the process of therapy to develop a relationship together that allows for confidential sharing of information.
- You have the right to consult with anyone else even if your present therapist does not agree with your need to do this. You have the right to consider and accept or reject all feedback, remembering that it is vital to trust your own feelings and use your own judgment.
- You have the right to stop therapy when you choose to, whether or not your therapist agrees. It is almost always worthwhile to discuss your readiness to stop therapy with your therapist; however, the decision is always yours. You have the right to grow and change even if it makes others uncomfortable.