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Licensed Psychologist
Adult and Adolescent
Mood, Anxiety, and
Addiction Disorder

Adolescent Informed Consent Form

Privacy of information shared in counseling/therapy Your rights and my policies

What to expect:

The purpose of meeting with a counselor or therapist is to get help with problems in your life that are bothering you or that are keeping you from being successful in important areas of your life. You may be here because you wanted to talk to a counselor or therapist about these problems. Or, you may be here because your parent, guardian, doctor, or teacher had concerns about you. When we meet we will discuss these problems. It is important that you feel comfortable talking with me about these issues that are bothering you. Sometimes these issues will include things you don't want your parents or guardians to know about. For most people, knowing that what they say will be kept private helps them feel more comfortable and have more trust in their counselor or therapist. Privacy, also called confidentiality, is an important and necessary part of good counseling.

As a general rule I will keep the information you share with me in our sessions confidential, unless I have your written consent to disclose certain information. There are, however, exceptions to this rule that are important for you to understand before you share personal information with me in a therapy session. In some situations I am required by law or by the guidelines of my profession to disclose information whether or not I have your permission. I have listed these situations below.

Confidentiality cannot be maintained when:

You tell me you plan to cause serious harm or death to yourself, and I believe you have the intent and ability to carry out this threat in the very near future. I must take steps to inform a parent or guardian of what you have told me and how serious I believe this threat to be. I must make sure that you are protected from harming yourself.

You tell me you plan to cause serious harm to someone else who can be identified, and I believe you have the intent and ability to carry out this threat in the very near future. In this situation I must inform the person who you intent to harm.

You are doing things that could cause serious harm to you or someone else, even if you do not intend to harm yourself or another person. In this situation, I will need to use my professional judgment to decide whether a parent or guardian should be informed.

You tell me you are being abused physically, sexually, or emotionally, or that you have been abused in the past. In this situation, I am required by law to report the abuse to the Kentucky Department of Social Services.

You are involved in a court case and a request is made for information about your therapy. If this happens, I will not disclose information without your written agreement unless the court requires me to. I will do all I can within the law to protect your confidentiality, and if I am required to disclose information to the court, I will inform you that this is happening.

Communicating with your parent(s) or guardian(s):

Except for situations such as those mentioned above, I will not tell your parent or guardian specific things you share with me in our private therapy session. This includes activities and behavior that your parent/guardian would not approve of or would be upset by, which do not put you at risk of serious and immediate harm. However, if your risk-taking behavior becomes more serious, then I will need to use my professional judgment to decide whether you are in serious and imminent danger of being harmed. If I feel that you are in such danger, I will communicate this information to your parent or guardian.

Example: If you tell me that you have tried alcohol at a few parties, I would keep this information confidential. If you tell me that you are drinking and driving or that you are a passenger in a car with a driver who is drunk, I would not keep this information confidential from your parent/guardian. If you tell me or if I believe, based on the things you've told me, that you are addicted to alcohol or other drugs, I would not keep this information confidential.

Example: If you tell me that you are having protected sex with a boyfriend or girlfriend, I would keep this information confidential. If you tell me that on several occasions you have engaged in unprotected sex with people you do not know or in unsafe situations, I will not keep this information confidential. You can always ask me questions about the types of information I would disclose. You can ask me in the form of "hypothetical situations," in other words, "If someone told you that they were doing _____, would you tell their parents?"

Even if I have agreed to keep information confidential and not tell your parent or guardian, I may believe that it is important for them to know what is going on in your life. In these situations I will encourage you to tell your parents/guardian and will help you to find the best ways to do so. Also, when meeting with your parents, I may sometimes describe problems in general terms, without using specifics in order to help them know how to be more helpful to you.

You should also know that by law in Kentucky, your parent/guardian has the right to see any written records I keep about our sessions. It is extremely rare that a parent/guardian would ever request to look at these records.

Communicating with other adults:

School: I will not share information with your school unless I have permission from you and your parent/guardian. Sometimes I may request to speak with someone at your school to find out how things are going for you. Also, it may be helpful in some situations for me to give suggestions to your teacher or counselor at school. If I want to contact your school, if someone at your school wants to contact me, I will discuss it with you and ask for your written permission to do so. A very unlikely situation might come up in which I do not have your written permission but both I and your parent/guardian believe it is necessary for me to be able to share certain information with someone at your school. In this situation I will use my professional judgment to decide whether to share information.

Doctors: Sometimes your medical doctor and I may need to talk together, for example, if you need to take medication in addition to seeing your therapist. I will get your written permission and the written permission of your parent/guardian in advance in order to share information with your doctor. The only time I will share information with your doctor even if I don't have your permission is if you are doing something that puts you at risk for serious and medicate physical/medical harm.

Minors signature: _____

date: _____

Parent/guardian: _____

date: _____

Parent/guardian: _____

date: _____