

Onward & Upward Counseling Center, LLC

Tele-therapy for CO Statewide (located in WA State)

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HIPAA NOTICE

About Confidentiality

I will treat with great care all the information you share with me. It is your legal right that our sessions and my records about you be kept private. That is why I ask you to sign a "release-of-records" form before I can talk about you or send my records about you to anyone else. In general, I will tell no one what you tell me. I will not even reveal that you are receiving counseling/therapy treatment services from me. In all but a few rare situations, your confidentiality (that is, our privacy) is protected by federal and state laws and by the rules of my profession. It may be beneficial for me to confer with your primary care physician with regard to your psychological treatment or to discuss any medical problems for which you are receiving treatment. Your information is also protected through Simple Practice, the EHR system used for the client portal, video sessions, etc.

Here are the most common cases in which confidentiality is not protected:

- 1) If you make a serious threat to harm yourself or another person, the law requires me to try to protect you or that other person. 2) If I believe a child has been or will be abused or neglected, I am legally required to report this to the authorities.
- 3) Sometimes, I consult other therapists or other professionals about my clients. This helps me in giving high-quality treatment. (We call this peer supervision.) These persons are also required to keep your information private. Your name will never be given to them, some information will be changed or omitted, and they will be told only as much as they need to know to understand your situation.