

## Limits of Confidentiality

As a Marriage and Family Therapist in the State of California, I am legally and ethically required to maintain my client's confidentiality, except in a few very narrow circumstances, in which I, as a Mandated Reporter, am legally obligated to break confidentiality.

1. Abuse: If a Client tell me he/she or someone of their immediate acquaintance is abusing: a child under the age of 18; a dependent adult between the ages of 18 and 64; or an elder, aged 65+, I am mandated to report this to the proper authorities and am not required to discuss this with the Client.
2. Homicidality: If a Client tells me that they have the plan, intent, and means to kill an identified person, I am mandated to report this to the proper authorities and am not required to discuss this with the Client.
3. Threat of harm to an identified victim or their property: If a Client tells me that they have the plan, intent, and means to harm an identified person or their property, I am mandated to report this to the proper authorities and am not required to discuss this with the Client.
4. Suicide. This is a special case. If a Client is actively suicidal, I am not *legally mandated* to intervene, but I am *allowed* to, and I will! Your safety is my number one concern.

Apart from these issues, what you say in session stays in the professional confines of therapist/client confidentiality. While I might seek consultation with another mental health professional,

I never discuss your case with anyone outside the profession without written permission from you.