



## Perspective Psychology

This document contains some general information about my practice, as well as information about the professional standards and ethics I maintain as a registered psychologist.

### **Confidentiality...**

To enable open exploration of the concerns that have brought you to counselling I maintain confidentiality in accordance with the Psychology Board of Australia guidelines, and the Australian Psychological Society's Code of Ethics. Please read below for topics relating to confidentiality, disclosure and exchange of information.

#### **DUTY OF CARE**

A Psychologist has a duty of care to their clients and the community and must pass on any information to relevant authorities in cases where human safety is concerned including the following cases:

1. Failure to disclose information would place you or another person at risk of harm;
2. A child or young person is at risk of harm;
3. If I am subpoenaed by a Court to provide information;
4. If you share information about an illegal act.

I retain the right to break confidentiality without prior consultation with you should I consider that a situation requires me to act to ensure the safety of yourself and/or others.

#### **CHILD PROTECTION & MANDATORY REPORTING**

A Psychologist is a mandatory reporter of child protection issues in NSW. Information on what this means is located at:

[http://www.community.nsw.gov.au/kts/guidelines/documents/mandatory\\_reporter\\_guide.pdf](http://www.community.nsw.gov.au/kts/guidelines/documents/mandatory_reporter_guide.pdf)

As a mandatory reporter, prior approval from a parent or guardian to disclose information or make a report to Family and Community Services is not required. There is also no obligation to notify a parent or guardian once a report has been made.



## **SESSIONS WITH CHILDREN & YOUNG PEOPLE**

To enable a trusting, effective therapeutic relationship and to provide a safe environment for your child to talk about their concerns, a certain level of confidentiality is required. If children spend time in sessions alone with their psychologist, confidentiality also applies for them as clients, in that I would request their permission to share specific information they have disclosed, even with parents and guardians (exceptions, such as concerns about risk of harm, are not included in this).

For younger children, the parent is often with the child when attending a session and so inherently knows what has been explored within a session. For older children, they may see a psychologist one-on-one when they feel comfortable enough to do so. From the outset, I negotiate with your child what to discuss with family members, which aside from defining the feedback provided, helps me to maintain a positive relationship with your child while protecting their confidentiality. Where available and relevant, it also assists in engaging the family in therapeutic work to support the child in reaching preferred outcomes. Often feedback is provided to parents of primary-school aged children together with the child towards the end of a session.

When working with adolescents, it is important that any feedback to parents is carefully negotiated with the young person wherever possible.

I encourage all parents to let me know if they would like additional time with me (either alone or together with their child and other family members) to discuss any concerns or seek further feedback.

## **RECORD KEEPING**

At each session I take notes which are generally to help me remember our sessions. I then summarise and record these along with my thoughts for potential options and strategies to assist you as appropriate to your treatment. These notes are not shared with anyone, except if they are subpoenaed by a court, and are a part of your clinical records. These are stored electronically, which you consent to in utilising my practice. You may request, in writing, to access your records with some exceptions (eg relating to privacy, health and legal considerations). Your request will be discussed with you once you have formally submitted it.



## REPORTS TO OTHERS

If you claim rebates from funding bodies (eg Medicare, private health insurance), I may be required to provide summary reports to referring doctors, specialists and/or agencies regarding your progress, which you inherently consent to in utilising the funding body and accessing this practice.

At other times you may provide approval for me to correspond with others, for example:

- (a) Providing a written report to another professional or agency, e.g. to another health professional or to your child's school; or
- (b) Discussing the material with another person—e.g. a parent or employer.

Additional reports aside from those written as part of an assessment will incur additional fees depending on what is required and cannot be claimed through funding bodies. These fees will be discussed with you as they depend on your needs and purpose of the report. Please note I do not provide medico-legal reports.

## PERMISSION TO EXCHANGE INFORMATION

From time to time I may request your written permission to seek information from other relevant allied health professionals or agencies who have been involved with you/your child. This assists me in collecting information relevant to you/your child's history and plan for meaningful intervention.

## QUESTIONS?

If you have any questions about the information in this document, please contact me on [rebecca@perspectivepsych.com.au](mailto:rebecca@perspectivepsych.com.au) or phone 0480 155 923.

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