



CLIENT RIGHTS

I. Client Bill Of Rights

By Minnesota law you have the right as a client:

1. to expect that a therapist has met the minimal qualifications of training and experience required by state law;
2. to examine public records maintained by the Board of Marriage and Family Therapy which contain the credentials of a therapist;
3. to obtain a copy of the code of ethics from the State Register and Public Documents Division, Department of Administration, 117 University Avenue, Saint Paul, MN 55155;
4. to report complaints to the Board of Marriage and Family Therapy, (612) 617-2220, University Park Plaza Building, 2829 University Avenue SE, Suite 330, Minneapolis, MN 55414-3222;
5. to be informed of the cost of professional services before receiving the services;
6. to privacy as defined by rule and law;
7. to be free from being the object of discrimination on the basis of race, religion, gender, or other unlawful category while receiving services;
8. to have access to their records as provided in Minnesota Statutes, section 144.292;
9. and to be free from exploitation for the benefit or advantage of a therapist.

II. You Also Have the Right To:

- ask questions anytime as well as refuse to give any information you choose not to give.
- get respectful treatment that will be helpful to you and have a safe treatment setting, free from sexual, physical, and emotional abuse.
- review your records at any time.
- have written information before entering therapy, about fees, method of payment, insurance coverage, and cancellation policies.

III. Therapy Risk

While it would be ideal that every client experience beneficial change, in reality some people do not obtain the desired results or goals from therapy in the time period expected. Sometimes people may experience no

improvement in their situation, which can sometimes result in frustration and dissatisfaction. When you begin treatment you have agreed to this sort of risk.

During the process of therapy, psychological pain and distress can arise as difficult issues are addressed and worked through. If adequate progress is not made or if it becomes apparent that that I do not have the skills or resources necessary to address the issues that emerge during therapy, I may either refer for more specialized care or discontinue therapy and assist with a referral to an appropriate therapist, health care professional, or therapy program.

IV. Consultation

In order to give the best service, it is necessary to discuss your case with other licensed therapists to gain new perspectives and to help provide more insight on how to help you set and meet your goals. To that end, there therapists at Relationship Insights obtain ongoing consultation from other licensed therapists.

V. Discontinuation of Therapy

You may discontinue or terminate therapy at any time. Though this is not required when you discontinue therapy, I do ask that we have a final session to ensure appropriate closure. I may discontinue therapy if the financial conditions noted in the Professional Therapy Agreement are not met, or if a transfer to another therapist is recommended.

VI. In Case of Emergency

Calls are returned during non-office hours as soon as possible. If you are in a crisis and need immediate attention call 911 or the following:

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|-------------------------------|--------------|
| Crisis Connection | 612-379-6363 |
| Child Protection | 612-348-3552 |
| HCMC Suicide Hotline | 612-873-2222 |
| Domestic Violence Crisis Line | 866-223-1111 |

VII. Limits of the Therapy Relationship:

Because of the nature of therapy, our relationship has to be different from most relationships. It may differ in how long it lasts, in the topics we discuss, or in the goals of our relationship. It must also be limited to the relationship of therapist and client only. If we were to interact in any other ways, we would then have a “dual relationship,” which would not be therapeutically appropriate and may not be legal. The different therapy professions have rules against such relationships to protect you.

Dual relationships can set up conflicts between my own (the therapist’s) interests and your (the client’s) best interests, and then your interests might not be put first. In order to offer all our clients the best care, our judgment needs to be unselfish and professional so the following would be inappropriate:

- We cannot be a therapist to our own relatives, friends, or the relatives of friends.
- We cannot have any other kind of business relationship with you besides the therapy itself.
- We cannot be friends with, or have any kind of romantic or sexual relationship with, a current or former client, or any other people close to a current or former client.

There are important differences between therapy and friendship. As your therapist, we cannot be your friend. Friends may see you only from their personal viewpoints and experiences. Friends may want to find quick and easy solutions to your problems so that they can feel helpful. These short-term solutions may not be in your long-term best interest. Friends may not follow up on their advice to see whether it was useful. They may need

to have you do what they advise. A therapist offers you choices and helps you choose what is best for you. A therapist helps you learn how to solve problems and make healthier decisions. A therapist's responses to your situation are based on tested theories and methods of change.

Our duty as therapists is to care for you and our other clients in the professional role of therapist.