

Keith Long, LPC, LLC
2323 South Troy Street Building 3, Suite 107
303-750-5435

Privacy Policy & Limitations of Confidentiality

As a general rule, all therapy sessions are confidential and anything you discuss with your therapist will remain between the two of you, unless you request otherwise. This is as per protection rules by law, which all therapists legally need to follow, and no information from the session can be disclosed without prior written consent from the client.

There are exceptions to this law however, and the therapist can disclose information from the session to legal authorities or appointed persons if any of the following are true:

- The therapist suspects abuse to a child, dependent adult, or an elder, or are made aware of domestic abuse. These situations all require the therapist to notify law authorities immediately.
 - If the therapist suspects an individual has caused, or is threatening to cause severe bodily harm to another person, therapists are required to report it to the police.
 - If an individual intends to harm himself or herself, expressing to the therapist for example, plans for suicide. While the therapist will attempt to work through this in the therapy session, if it appears to be unresolved or the client does not cooperate, additional action may need to be taken to ensure the safety of the client.
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