

CLIENT RIGHTS

As a counselor, we are aware of many of the rights and duties that we have to perform within the counseling relationship, but we are only one component of the counseling relationship. The client too has many rights and responsibilities in order to make counseling successful. These rights and responsibilities are as follows:

You, as the client, have a right...

- To care that views, you as a loved and created person by the Creator God. You deserve to be treated with the fruit of the Spirit: kindness, goodness, patience, love, joy, peace, and faithfulness
- To be free from any type of harm, such as physical, sexual, financial, or psychological
- To know and help you understand how the counselor views and has diagnosed the issue in which brought you to counseling, including spiritual issues if you wish to have that as a part of the counseling relationship
- To aid your counselor in forming a treatment plan that meets your desired goals with specific aspects that your request, such as including spiritual or non-spiritual techniques, and to make changes to the treatment plan for positive gain in goals
- To ask questions about your treatment plan and ask for changes if you think that the therapy is not working for you
- To understand your choices in the counseling session or your right to change counselors at a time that suits you or to have another clinician review the treatment plan for any reason

You, as the client, have a right...

- To understand that you can stop treatment at anytime
- To not be pressured to be a part of research projects
- To have access to your treatment records and that your records will be confidentially maintained.
- To understand that records can only be disseminated to other people through legal means.
- To be treated in an ethical manner, with sensitivity to cultural background from the clinician and other workers in the clinic
- To understand that communication with your counselor is confidential except for circumstances of wanting to hurt yourself or others, child physical, sexual abuse or neglect, or elder physical, sexual abuse or neglect
- To have access to services by referral outside of the current counseling agency and that care will be continued in an effective manner due to transfer of records that is deemed appropriate by the client
- To see and understand the bill of services rendered and be able to ask questions about any charges
- To be encouraged to join other groups, such as free groups, small groups at church, or other such entities that would help produce positive changes toward treatment goals
- To be able to voice complaints or send grievances to the someone who can help me get a problem resolved with my counselor
- To all legal rights of one's state in which you reside

For Minors

- To know that your communication is privileged, and that confidentiality will only be broken through your say so or for any concern for safety for yourself or others.

For Parents

- To freely ask questions that the counselor can answer without breaking confidentiality with the minor.

Your Responsibilities Are:

- To be open and honest with your counselor about what is going on and how you feeling about difficulties in your life
- To engage in treatment planning with the counselor, which included identifying goals, treatment objectives, treatment modalities, and support systems to help aid in reaching goals
- To understand that others deserve privacy just like you deserve privacy
- To be willing to see a different perspective on your issues as a way to try to solve problems
- To inform your counselor of any questions or concerns you may have about your counseling relationship
- To educate yourself on ethics and legal concerns surrounding the counseling profession

For Minors

- To be willing to work towards goals that may seem like a waste of time
- To allow your counselor to give your parent's updates on your progress without breaking confidentiality

For Parents

- To be willing to trust the counseling process and confidentiality that the counselor must maintain with the client
- To be an active member in counseling when the counselor invites you into the session with the minor client.

Top 12 questions you need to answer before you start a counseling relationship?

- Are you a Christian? If so, do you bring faith into your counseling sessions?
- What kind of counselor are you (Coach, Marriage and Family, Professional Counselor, Psychologist, ect)
- Do you have a license or some type of credentials? What do those credentials mean?
- What are your specialties?
- What type of approach do you use?
- What does a counseling session really look like with you?
- How do I know if counseling is going well?
- What do I do if I don't like something that you are doing? Do you have a governing body that I can talk to if I think you are doing something wrong?
- Who will know about what I talk about with you?
- Will you tell me what you think is wrong? What do I need to do in counseling to make it successful?
- Can I get another opinion?
- How long do you think I will need to go to counseling?