

Client Rights

IN PSYCHOTHERAPY
& COUNSELLING

Know Your Rights

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- 1 NEGOTIATING FEES**
You have the right to negotiate a fee for therapy and to refuse a therapist's service if you believe their fee is too high.
- 2 BARTERING (TRADING SERVICES)**
You have the right to refuse a therapist's suggestion to barter services in exchange for your therapy.
- 3 ACCESS TO THERAPY SERVICES**
You have the right to find a therapist experienced in the issues you want to discuss and who provides reliable service.
- 4 CONFIDENTIALITY & PRIVACY**
You have the right to have your therapist keep all shared information private and to share only what you believe is necessary at any given time.
- 5 DECISIONS & SHARING INFORMATION**
You have the right to be provided with any information that assists you in making decisions and to have all theories and techniques clearly explained.
- 6 UNDERSTANDING OPPRESSION**
You have the right to have the effects of oppression validated by your therapist and to be treated without prejudice.
- 7 SUPPORTING A WOMAN'S RIGHT TO ABORTION**
You have the right to have your therapist support your decisions about your body.
- 8 THERAPISTS' IMPULSIVE REACTIONS**
You have the right to be free from any acts that involve the careless blurring out of feelings or thoughts by your therapist.

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- 9 TRAINING & EXPERIENCE**
You have the right to ask your therapist about their training and education.
- 10 EXPRESSING YOUR FEELINGS**
You have the right to express any feelings and to be assisted in understanding their meaning in your life.
- 11 OVERLAPPING/DUAL RELATIONSHIPS**
You have the right to work with a therapist who will not enter into a dual relationship with you that has great risk for harm.
- 12 SELF DISCLOSURE BY A THERAPIST**
You have the right to be free from your therapist's inappropriate self disclosure and to direct when self disclosure will be used in your therapy.
- 13 THERAPIST SUPERVISION**
You have the right to work with a therapist who will use ongoing supervision or consultation when issues are outside their expertise or when you request it.
- 14 CHALLENGING & EVALUATING**
You have the right to review your therapist's skill and to challenge any of their ideas, decisions, actions or behaviours.
- 15 RESOLVING CONFLICTS**
You have the right to have all conflicts with your therapist resolved promptly and to request third party consultation.
- 16 TERMINATION & CLOSURE**
You have the right to be provided with a process of closure when your therapy ends or to end your therapy at any time.
- 17 VIOLATION OF CLIENT RIGHTS**
You have the right to be free from acts by a therapist that violate your rights and to have access to advocacy if you've been violated.
- 18 PROCESS OF COMPLAINT**
You have the right to seek compensation if you have been violated and to be provided with a safe and fair process of complaint.

Client Rights Project providing client support:

Feminist Advocates for Counselling Ethics
416-531-7182 client.rights@sympatico.ca
Toronto Rape Crisis Centre/Multicultural Women
Against Rape **416-597-1171** trcc@web.net
Women's Counselling Referral & Education Centre
416-534-7501

For support outside Toronto, please consult your
local phone book or call the province-wide
Assaulted Women's Helpline 1-866-863-0511

Agency name

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