

Confidentiality: Your Rights and Limitations

All information disclosed in our sessions together and the written records pertaining to these sessions are confidential, protected by law, and will not be revealed to anyone without your written permission or the written permission of your legal guardian if you are a minor.

There are some exceptions however, as in most cases, insurance companies and other third-party payers are given information that they request regarding services to clients. Information that may be requested includes kind of services, dates and times of services, diagnosis, treatment plans, progress of therapy, case notes and summaries.

If you are under 18 years of age, please be aware that the law may provide your parents or legal guardian the right to examine your records. It is my policy to request an agreement from your parents or legal guardian that they agree to not have access to your records. I will provide them only with general information about our work together, unless I become concerned that there is a high risk that you will harm yourself or someone else. In this case, I will notify them of my concern. I will also provide them with a summary of your treatment when it is complete. Before giving them any information, I will discuss this with you if possible, and I will do my best to handle any objections you may have with what I am prepared to discuss with them.

There are some situations in which I am legally obligated to take action to protect you and others from harm and where I may have to reveal some information about your treatment. Disclosure is required in the following circumstances:

- (A) If it becomes clear to me that you are ready to commit a suicidal act or threaten serious bodily harm to yourself, I am required by law to contact your family members or others who can help provide protection, to seek hospitalization for you, or to contact the police. You can discuss any other aspect of suicide, such as thoughts and dreams, without this break in confidentiality.
- (B) If it becomes clear to me that you have an intention to harm a specific person whom you have named or identified or you have a plan on how to harm a specific person, I am required by law to notify and warn the potential victim and to notify the police of your intent.

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- (C) If you mention to me that you are currently abusing or have recently abused a child or vulnerable adult that relies on the care of others, or if you know the details of some current abuse of a child or vulnerable adult, I am required by law to file a report with the appropriate state agency. If you are a minor and mention to me that you were physically or sexually abused by an adult, or that you are in a sexual relationship with an adult, I am required by law to file a report with the appropriate state agency.
- (D) Clinical records are occasionally subject to legal subpoena. I am not obligated to and will not produce the records without your express written consent. However, if your records are the subject of a legitimate court order, release of your records or a summary may be required whether or not consent is given.
- (E) In the event that the services of an attorney or collection agency is required to pursue any past due fees.

These situations have rarely occurred in my practice. If a similar situation occurs, I will make every effort to fully discuss it with you before taking any action. Your signature below indicates that you have read and fully understand the aforementioned information.

Client signature

Date

Parent or Guardian signature
(if client is under 18 years)

Date

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