

# Country Counseling, LLC

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## Confidentiality and Treating Minors

An important part of providing effective psychotherapy is creating a safe space to talk about anything. Privacy is very important in this process. However, parents and legal guardians of minors also have a legal right to know about what is shared in sessions. Therefore, we cannot promise to a minor client that shared information will always be kept private from a legal guardian if that legal guardian requests treatment information.

The following guidelines are in order to balance these sometimes competing aspects between privacy and legal guardians' rights to know about treatment.

### Guidelines for Country Counseling, LLC and therapists:

1. We will keep as much information shared by a minor client as private as is possible.
2. **When we will ALWAYS share minor client information with legal guardians or other necessary individuals:**
  - a. A minor client shares serious thoughts about suicide, self-harm, or physically harming others.
  - b. A minor client shares about physical, sexual, or emotional abuse or neglect of him/herself or another minor.
  - c. A legal guardian requests information and is unwilling to withdraw the request, even if he/she learns that sharing this information could be detrimental to the minor client.
3. We will also share minor client information with a legal guardian when we believe it would be in the client's best interest. Some examples include:
  - a. If a client needs a higher level of care.
  - b. If a client's symptoms are worsening.
  - c. If a client is making progress.
  - d. If changing a legal guardian's behavior would be beneficial for the client.
4. If we believe that information should be shared with a legal guardian, we will encourage the minor client to share it either in session or between sessions. If a client is unable to do so, we will then share this information.
5. We will make every effort to inform a minor client when we intend to share information with a legal guardian and what information we will be sharing. However, there are circumstances that make this difficult and there may be occasions when minor clients are not informed in advance.

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Redisclosure or transfer is expressly prohibited by law.*

Guidelines for Legal Guardians:

1. I understand that privacy for my minor child is important so that he/she can obtain the most benefits from therapy.
2. If I decide to request information about treatment, I will take into account the professional opinions from County Counseling, LLC's therapists about the benefits and consequences of sharing such information before making a final decision.
3. I agree to allow County Counseling, LLC therapists to make professional judgments about the appropriateness of sharing information with me when I have not explicitly requested such information.

Guidelines for Minor Clients:

1. I understand that County Counseling, LLC's therapists will make every effort to keep the information I share private.
2. I understand that County Counseling, LLC's therapists will only share information with my legal guardian (or other necessary individuals) if:
  - a. It becomes necessary to keep myself or other people safe.
  - b. It would be helpful for me for my legal guardian to know the information.
  - c. Legal guardian(s) use legal rights to access private information.

I acknowledge that I have received, read (or have had read to me), and fully understand all information presented above. I have had all of my questions answered fully.

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Signature of Client's Legal Guardian

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Date

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Printed Name of Client's Legal Guardian

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Signature of Minor Client

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Date

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Printed Name of Minor Client

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