



Disclosure and Confidentiality

What you can talk about

It is common for clients to disclose sensitive information. You may be coming to therapy for many reasons, and I aim to make it as easy as possible to talk about the things you wish to talk about, some of the things which people talk about are:

- Abuse: domestic, sexual, physical, or emotional, past, or present
- Self-harm or suicidal thoughts/attempts
- Guilty secrets
- Problems with eating (e.g., bingeing or purging)
- Criminal convictions (see below for current criminal activity)
- Disturbing thoughts or wishes
- Sexual issues
- Anything not listed below

Requirements for Disclosure

Having given examples of things that you can discuss with me, it's important that you know that the law **forbids** our normal confidentiality if:

- I become aware of information which I either know or believe might help prevent another person carrying out an act of terrorism or might help in bringing a terrorist to justice in the UK, or about specified activities related to money and property used to assist terrorist activities.
- If I observe physical signs that an act of female genital mutilation may have been carried out on a girl under the age of 18 or I am informed by a girl under the age of 18 that she has undergone an act of female genital mutilation.
- The police request information about the driver of a vehicle at the time of an offence it must be disclosed by me as failure to do so would constitute a criminal offence on my part.
- I become aware of drug trafficking or money laundering that may be required to be reported under the Drug Trafficking Act 1994, Proceeds of Crime Act 2002, or the Money Laundering Regulations 2007, if this happens, I may seek legal advice as to any statutory duty.



- I must disclose information that I am ordered to by a court or by a statutory request for access to personal data made under the General Data Protection Regulation (GDPR) and the Data Protection Act 2018.

I **may** break our normal confidentiality if I become aware (or have good reason to suspect) that you have knowledge of:

- A past, present, or future incident/situation that may be dangerous or harmful to you, another adult, or a child and that is not known to the relevant authorities.
- Future or past criminal activity that has not been resolved in law. This means any criminal activity, of which the relevant authorities are either unaware or a case they know about which they consider not to be closed (provided you do not present information in therapy which would reasonably re-open the case). This does not include parking or traffic offences unless there is intent, by you or anyone else, to cause danger to yourself or others, or that it is deemed to be a serious offence. In such circumstances, I will work with you to see if we can work together to make appropriate disclosures. For our purposes a serious offence is:

'Murder, manslaughter, rape, treason, kidnapping, child abuse or other cases where individuals have suffered serious harm or there is serious harm to the security of the state or to public order and crimes that involve substantial financial gain and loss.'

Other than as required by law, I may discuss your case with my clinical supervisor(s), my clinical supervisor(s) will have access to your details if I am suddenly unavailable to contact you and offer you ongoing therapy. I may talk or write to your GP, but I will not give any personal details beyond what we are working on. I commit to discuss this approach with you before I make contact.