

Confidentiality policy

It's very important that you're able to come to a counselling session knowing that what you decide to share is kept confidential. Having said that there are some reasons why I, and any counsellor, would need to break confidentiality and it's important you understand what they are.

Safeguarding and Prevent duties

I have an ethical duty to pass on information to social services and/or the police if I think that a child or vulnerable adult is at risk of or is experiencing abuse, neglect or other types of significant harm. It's always best if we talk about this before I make any kind of report, but if I think it will make the situation more dangerous I'll need to make the report without speaking to you first.

Public sector workers have a duty to report people they think are at risk of being radicalised into terrorism. Although I'm not a public sector worker, I feel that Prevent duties fall under safeguarding. If our work together raises these concerns for me, I will get further advice and guidance from my supervisor and professional body, and might have to pass on information to social services and/or the police.

Money laundering, terrorist financing and The Serious Crime Act 2015

Suspicious Activity Reports (SARs) alert law enforcement to potential instances of money laundering or terrorist financing. Although these laws mainly apply to those working in regulated financial sectors, private individuals can also be required to make SARs. If our work together raises these concerns for me, I will get further advice and guidance from my supervisor and professional body, and might have to make such a report.

The law also requires people in regulated professions in England and Wales to report certain crimes. Although counselling and psychotherapy isn't a regulated profession, I still have an ethical responsibility to consider if such reporting is

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necessary should something come up in our work together. I will always do this in consultation with my supervisor and ethical body.

If instructed to do so by a Court of Law

I will need to break confidentiality if instructed to do so by a court of law. I will always take advice from my professional body and insurer before providing any client information to a court of law. I will also always try to speak to you about this first.

Emergency contact and GP

Our work together might bring up material that we feel would be helpful to be passed onto your GP or other health care professional. Out of respect to your autonomy, I will aim to support you to pass on this information yourself. However, I also have a duty of care for your wellbeing, which may lead me to need to contact your GP or emergency contact myself. If I have a serious reason to think that you may harm yourself in a significant way, I will pass these concerns onto the emergency services so they can support your welfare.

At your request

There may be occasions when you would like me to share information from our sessions with a third party. In these circumstances, you will be asked to complete a consent form specifying what information may be shared and with whom.