



Date: 02.01.2024

At New Path Therapy, we understand the importance of confidentiality in creating a safe and trusting therapeutic environment. This Confidentiality Policy outlines our commitment to protecting the privacy of our clients and the confidentiality of the information shared during counselling and psychotherapy sessions.

1. Purpose

The purpose of this policy is to:

- Clarify our commitment to maintaining the confidentiality of client information.
- Inform clients about the limits and exceptions to confidentiality.
- Ensure compliance with the ethical guidelines set by relevant professional bodies, including the British Association for Counselling and Psychotherapy (BACP) and the General Data Protection Regulation (GDPR).

2. Confidentiality Assurance

All information shared during counselling and psychotherapy sessions is strictly confidential. This includes, but is not limited to, verbal disclosures, written records, and any other materials shared within the therapeutic context.

3. Limits to Confidentiality

While confidentiality is a core principle of our practice, there are legal and ethical exceptions where we may be required to breach confidentiality. These include:

- If there is a significant risk of harm to the client or others.
- If there is a legal obligation to disclose information (e.g., court orders).
- If there is suspicion of ongoing child abuse or harm to a vulnerable adult.
- If there is a serious risk to the safety of the client.

In such cases, every effort will be made to discuss and seek the client's informed consent before taking any action. However, where immediate action is necessary to prevent harm, confidentiality may be breached without consent.

4. Confidentiality with Third Parties

Information disclosed during sessions will not be shared with third parties without the explicit consent of the client. Exceptions include cases where consultation or supervision is required to ensure the quality and effectiveness of the therapeutic process.

5. Record Keeping

Client records will be kept in a secure and confidential manner. Access to records is restricted to the therapist as required by law.

6. Client Access to Records

Clients have the right to request access to their own records. Requests should be made in writing, and reasonable efforts will be made to provide access within legal and ethical guidelines.

7. Confidentiality Outside of Sessions

Therapists and clients are encouraged to discuss and establish mutual expectations regarding confidentiality outside of the therapy sessions, especially in public or community settings.

8. Policy Review

This Confidentiality Policy will be reviewed annually or as needed to ensure compliance with professional standards and any changes in business practices.

By engaging in counselling or psychotherapy services with New Path Therapy clients acknowledge their understanding of and agreement to this Confidentiality Policy.

Lorraine Hobbs

New Path Therapy