



Confidentiality and Record Keeping in Counselling and Psychotherapy (Legal Resources Counsellors & Psychotherapists)

Tim Bond, Barbara Mitchels

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Confidentiality is an essential condition of counselling and psychotherapy that enables clients to talk honestly and openly about their situation. As a core aspect of everyday practice, therapists need to understand both the legal and ethical implications of providing confidentiality and of keeping records concerning their clients.

Confidentiality and Record Keeping in Counselling and Psychotherapy provides a practical introduction to the topic, containing guidance on:

- " why and how records should be kept
- " how to balance therapeutic benefits from keeping records with potential legal ramifications
- " confidentiality agreements with clients in a variety of therapeutic settings
- " confidentiality in training and supervision.

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