

# NORTH STATE COUNSELING

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## Collateral Contact Form

You (“the collateral”) are participating in therapy because \_\_\_\_\_ (“the identified client”) has asked you to be involved. Your participation is important, and is sometimes essential, to the resolution of problems. This document is to explain your rights and responsibilities, and the limits of your rights, in your role as a collateral in therapy. Please read this document carefully and ask me (“the therapist”) any questions you have regarding this agreement.

### **WHO IS A COLLATERAL?**

A collateral is usually a spouse, family member, or friend, who participates in therapy to assist the identified client. The collateral is not considered to be a client and is not the subject of the treatment. My primary responsibility is to my client and I must place their interests first. You also have less privacy protection.

### **THE ROLE OF COLLATERALS IN THERAPY**

The role of a collateral will vary greatly. We will discuss your specific role in the treatment at our first meeting and other appropriate times.

### **BENEFITS AND RISKS**

You may experience emotional distress as you engage therapy. It may also expose or create tension in your relationship with the client. While your participation can result in a better understanding of the client or may even help in your own growth and development, there is no guarantee that this will be the case. Psychotherapy is a positive experience for many, but it is not helpful to all people.

### **RECORDS**

No record or chart will be maintained on you in your role as a collateral. Notes about you may be entered into the identified client’s chart. However, you have no right to access that chart without the written consent from the identified client.

### **FEES**

As a collateral you are not responsible for paying session fees.

### **CONFIDENTIALITY**

Information in the client's chart, including the information that you provide me, is protected by both federal and state law. It can only be released if the identified client specifically authorizes me to do so. There are some exceptions to this general rule:

