



Sydney Counselling Space

Confidentiality Statement:

As your counsellor, I am dedicated to providing you with a safe and supportive environment where you can freely express yourself without fear of judgment. Central to this commitment is the principle of confidentiality, which underscores our therapeutic relationship.

Confidentiality means that everything you share with me during our sessions is held in strict confidence. I will not disclose any information about you or our discussions to anyone outside of our therapeutic relationship without your explicit consent. Your privacy is of utmost importance to me, and I adhere to professional ethical standards and legal requirements to safeguard it.

However, it's essential to acknowledge that there are limited circumstances where confidentiality may need to be breached. These include:

1. **Mandatory Reporting:** If I have reason to believe that a child is at risk of harm, I am obligated by law to report this to the appropriate authorities to ensure everyone's safety.
2. **Risk of Harm:** If you express intentions or behaviours that pose a risk of harm to yourself or others, I may need to take action to prevent harm. This could involve contacting emergency services, informing relevant individuals or taking other necessary steps to ensure your safety or the safety of others.
3. **Legal Obligations:** In rare cases, I may be legally compelled to disclose information, such as if my notes are subpoenaed in a court of law.

Please be assured that I will always strive to discuss any such actions with you beforehand, except in situations where immediate action is necessary to prevent harm. My primary goal is to support your well-being and ensure that you feel safe and respected throughout our therapeutic journey together.