



Chatrath Counselling Centre

CONFIDENTIALITY AND YOUR RIGHTS

Privacy

Chatrath Counselling Centre respects your right to privacy and will ask only for information that is relevant to the therapy process. We require your consent to obtain this information. Our policies and procedures for the collection, use, and disclosure of your personal information, conform to the Personal Health Information Act (PHIA).

The Personal Health Information Act (PHIA) provides access to information and protection of privacy rights concerning personal health information. PHIA allows individuals to examine and receive a copy of their own personal health information from a trustee holding this information. PHIA imposes obligations on trustees for the protection of personal health information, specifically its collection, use, disclosure, and security.

PHIA applies to trustees who maintain (have custody or control of) personal health information. Trustees are:

- All public bodies that fall under FIPPA
- Health professionals licensed or registered to provide health care or health professionals (such as doctors, nurses, physiotherapists, psychologists, etc.)
- Health care facilities (such as hospitals, personal care homes, psychiatric facilities, medical clinics, laboratories, and community health centres, or other health care facilities designated in the regulations)
- Health services agencies providing health care under an agreement with another trustee (such as the Victorian Order of Nurses and We Care).

Personal health information is information about an identifiable individual that relates to an individual's health and health care history including genetic information, the provision of health care to the individual, or payment for health care provided to the individual. This includes such things as your Personal Health Information Number (PHIN) assigned by Manitoba Health, as well as any identifying information collected while providing health care services.

For more information about PHIA, please check the following websites:

- <https://www.gov.mb.ca/health/phia/index.html>
- 1. <https://www.ombudsman.mb.ca/faqs/phia-frequently-asked-questions.html>

Limits of Confidentiality

It is important that you understand the confidential nature of your relationship with your therapist. Information that you disclose about your situation will be treated as confidential. No one at Chatrath Counselling Centre will release your name, or information about you, or your counselling, to anyone outside of the agency, without your informed, voluntary, and written consent except as outlined below:

1. If we obtain information which leads us to suspect that a child (under the age of 18) is at risk for, or has been, physically abused, sexually abused, emotionally abused, or neglected, we are **LEGALLY** obliged to make a report to Child and Family Services.
2. If you inform us about any intent to commit an act which could result in the injury or death of another/others, we are **LEGALLY** obliged to contact the police.
3. If a counsellor has concerns that you are a danger to yourself, she/he will discuss with you any plan that they may need to take on your behalf (e.g. call a family member or family physician). However, in situations where your counsellor is unable to discuss this with you, they may need to proceed without your consent to fulfill their obligation to ensure your safety.
4. If ordered by court subpoena to release information to a third party, such as a lawyer.
5. To ensure accountable, ethical, and effective clinical service, your therapist may consult with a Clinical Consultant, and/or colleagues, for clinical consultation. Identifying information will be kept to a minimum during any such clinical consultation.
6. If you are a CFS client attending therapy, CFS does ask for reports on a regular basis. This is to ensure that goals for treatment are being met and to ensure CFS to continue to support the family.

Release of Information

If you need your therapist to release information to a third party, such as a doctor, lawyer, you must provide us with informed, written, and voluntary consent. A form must be completed before any release of information.