

Confidentiality and Its Limits

What stays private, and the rare times it cannot

What you share in counselling stays between us. I will ask for your written consent before sharing anything with anyone else, including your GP. Consent is specific, time-limited, and you can withdraw it at any time.

There are a small number of situations where I may need to share information without your consent:

1. **Clinical supervision.** I meet regularly with an experienced supervisor to reflect on my work and keep it safe and effective. I never share your name or identifying details.
2. **Serious risk to life, health or safety.** If I believe you or someone else is at serious risk, I may contact the people or services best able to help, such as emergency services, your emergency contact or a crisis service.
3. **Protecting children.** If I form a reasonable belief that a child is being harmed or at risk, I may report this to Child Protection. Under the Crimes Act 1958 (Vic), every adult must tell police if they reasonably believe an adult has committed a sexual offence against a child under 16.
4. **Legal requirements.** If a court subpoenas my records, or the law otherwise requires disclosure, where possible, I will tell you first and share only what is required.

Wherever it is safe and possible, I will talk with you before sharing anything and involve you in the decision.

Couples counselling

In couples work, the “relationship” is my client. Information shared in an individual session may be brought into joint sessions where it is relevant. I will support you to do this.

Young people

A young person’s sessions are confidential. Parents and guardians receive general updates only, such as attendance and overall progress, unless the young person agrees otherwise or there is a safety concern.

Everyday privacy

- Receipts and health fund claims show only the type of service, not what we discussed.
- If you agree to AI Scribe, no recording is kept, and the note stays confidential in your secure file.
- Phone, text and email are used for appointments only, as they are not fully secure.
- If we meet in public, I will not acknowledge our counselling relationship unless you do first. Either way is completely fine and no offence will be taken if you choose to ignore me.

Based on the Privacy Act 1988 (Cth), the Health Records Act 2001 (Vic), the Crimes Act 1958 (Vic) and the PACFA Code of Ethics and Professional Conduct (2026).