

Client Confidentiality Agreement: Thought Quest Mental Performance Solutions

The purpose of Mental Consulting is to examine personal experiences in sport and life to facilitate peak performance experiences. Due to the nature of these services, your confidentiality is of utmost importance to me. As a general rule of thumb, all interactions that take place within these sessions are considered confidential. This includes requests via telephone, scheduling and appointment notes, session content records, and notes. You may choose to designate a person or an agency to release information to if desired.

If you choose to engage in consulting sessions via video technology services such as Zoom or FaceTime, you are entitled to the same confidentiality as with in-person one-on-one sessions, however, you acknowledge the inherent limitations to the confidentiality of these technological resources. Other limitations to this agreement include:

- Report of physical and sexual abuse or neglect to any individual under the age of 18 years old.
- Evidence of imminent and substantial harm to self or others

In these cases, it is required that I report information to appropriate facilities and confidentiality must be breached. If this is the case, you will be informed of the report.

By signing this form, you verify that you have read and agree to these terms of confidentiality and understand the nature and limits of confidentiality.

Client Signature (or parent/guardian if client is under 18)

Date

Name

Name of client (if under 18)