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## Licensed Psychotherapists Petition On Confidentiality

Co-sponsored by AMHA-USA and The National Coalition of Mental Health Professionals and Consumers

### To Whom It May Concern:

We, the undersigned psychotherapy professionals:

- support client confidentiality as a fundamental principle of psychotherapy and as a basic right of our clients,
- object to the decline in protections for confidentiality under new federal regulation,
- object to unquestioning adoption of corporate medicine's standards of practice.

We therefore:

- object to the idea that all records must be kept in a manner to be reviewed by third parties,
- object to any standard requiring psychotherapists to give every client a diagnosis.

Such requirements provide little consumer protection or service, may stigmatize people, prevent people from seeking treatment or obtaining insurance in the future, unnecessarily invade privacy, and compromise patient trust.

When a psychotherapist and a client both agree, it is appropriate 1) for the therapist to keep no records at all of the therapy process or to keep them under a pseudonym and/or 2) for a therapist to forgo giving the client a diagnosis.

This petition is not intended to circumvent laws that require report of threats to human safety.

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Supports the Licensed Psychotherapists' Petition on Confidentiality.**

**License:** \_\_\_\_\_  
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**Address:** \_\_\_\_\_  
**Street, Number, City, State**

**E-mail:** \_\_\_\_\_

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When signed, please return this sheet of the  
 Licensed Psychotherapists' Petition On Confidentiality to:  
 AMHA-USA  
 PO Box 4075  
 Portland, OR 97208-4075

*Thank You*