



State of California, Board of Psychology – Patient Bill of Rights

The following items are provided as informational guidance to consumers. This resource is provided as an educational tool to assist consumers to help themselves find quality professional mental health services when needed. This "Patient Bill of Rights" is not a mandate set forth in law and cannot be enforced by any licensing board or other authority. You have the right to:

- ◆ Request and receive information about the psychologist's professional capabilities, including license status, education, training, experience, professional association membership, specialization and specific areas of competence.
- ◆ Verify the status of the psychologist's license with the Board of Psychology and receive information about any license discipline. You can do this on the Board's Web site at www.psychboard.ca.gov. Click on "License Verification."
- ◆ Have a discussion with the psychologist about fees, billing arrangements, and the nature and anticipated course of sessions.
- ◆ Be provided a safe environment, free from sexual, physical or emotional abuse, when in the care of a psychologist.
- ◆ Expect that your psychologist should not involve you or anyone who is a close relative, guardian, or significant other in sexual intimacies.
- ◆ Ask questions about your therapy or psychological assessment.
- ◆ Refuse to answer any question or disclose any information you choose not to reveal.
- ◆ Request that the psychologist inform you of your progress.
- ◆ Know if there are supervisors, consultants, students, registered psychological assistants or others with whom your psychologist will discuss your case.
- ◆ Refuse a particular type of treatment or end treatment at any time without obligation or harassment.
- ◆ Refuse or request electronic recording of your sessions.
- ◆ Request and (in most cases) receive a copy of your records, including the diagnosis, treatment plan, your progress and type of treatment.
- ◆ Report unprofessional behavior by a psychologist.
- ◆ Receive a second opinion at any time about your therapy or about your psychologist's methods.
- ◆ Receive referral names, addresses and telephone numbers in the event that your therapy needs to be transferred to someone else and to request that a copy or a summary of your records be sent to any therapist or agency you choose.

