

AustinOCD



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The Limits of Confidentiality

I strive to maintain the very highest standards of professionalism and confidentiality. Your communication with me and your identity as a patient are kept in the strictest of confidence. However, there are certain situations in which I am allowed, and *may be required*, to “break confidentiality.” I will do this only if:

- I believe as a matter of professional opinion that you are a danger to yourself or others.
- I am required to by a court of law.
- I have reason to suspect abuse or neglect of a minor child, an elderly person, or a disabled person.
- You have authorized me to do so (e.g., to send forms to your insurance company or to contact your previous therapist or other current health care professional).
- I am required, under the Patriot Act, to disclose your personal health information to authorized federal officials who are conducting national security and intelligence activities or providing protective services to the President or other important officials. *Under this law I cannot reveal to you when I have disclosed such information to the government.*

From time to time, for clinical purposes, I may give examples of patients’ thoughts or behaviors with all identifying information removed or distorted (such as by changing gender). For example, I might tell you about how another patient had a similar symptom to yours, and someday might tell another patient about your symptoms.