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### Patient Bill of Rights

1. A therapy patient has the right to know their therapist's credentials, experience, and professional background.
2. A patient has the right to ask any therapist their outcome rates. These rates are determined by doing follow-up tracking with a reasonable percentage of patients after they leave therapy to see how they are maintaining. One year follow up is ideal. Outcome rates (successful or not), should be made available to all potential patients/clients upon request but of most use to the patient are outcome rates that are specific to the patient's disorder.
3. A therapy patient has a right to receive a comprehensive and thorough psychosocial evaluation/history.
4. A therapy patient has a right to a diagnosis and prognosis at as early a stage of therapy as possible. Additional experts including, but not limited to, psychiatrists, addiction specialists, and so on may be required to assist the therapist in reaching a diagnosis.
5. A therapy patient has the right to a written treatment plan that should be created together with the therapist and utilized, with necessary amendments and changes, throughout the course of therapy.
6. A therapy patient has a right to understand the costs of individual therapy sessions and projected costs of total therapy sessions upon request, before committing to a course of therapy.
7. A therapy patient has the right to a beginning, middle and an end to therapy. If protracted or ongoing therapy is required, then the patient has the right to understand why their diagnosis might warrant this course of action.
8. A therapy patient has the right to expect to achieve specific goals and objectives by agreed-upon target dates.
9. A patient has the right to have his or her own treatment responsibilities explained thoroughly as well as understand the therapist's responsibilities to the therapy process and to the patient. This includes the responsibility of the therapist to try a different course of treatment and/or refer patients to another therapist if therapy is ineffective after a reasonable period of time.
10. A patient has the right to complete confidentiality as provided for by state and federal laws and regulations.