CLIENT CONFIDENTIALITY: AGE 18 AND OLDER

Counseling Services
Trinity University

Texas law protects the confidentiality of your interactions with Counseling Services, including whether you have utilized our services. We will not disclose information about you without your written consent unless there are exceptions that Texas law permits or requires, including but not limited to:

- If your counselor believes that you are likely to cause imminent physical injury to yourself or another person, the counselor is permitted to notify medical or law enforcement.
- If your counselor believes that the physical or mental health or welfare of a child in Texas (i.e., an unmarried person under the age of 18) has been adversely affected by abuse or neglect, the counselor is required to report the alleged abuse to Texas Child Protective Services.
- If you report that you have been exploited sexually by a mental health provider in Texas, your counselor is required to report the alleged mistreatment to the prosecuting attorney in the county in which the alleged sexual exploitation occurred and to any state licensing board that has responsibility for the provider’s licensing.
- We could be legally required to provide information in relation to a civil or criminal legal proceeding.

If any exception to confidentiality should occur, and if possible, we will discuss with you any permitted or required disclosure of information in advance of the disclosure. We are not legally obligated to do so, however, and some circumstances would not permit a discussion with you before disclosure.

If a student discloses during a counseling session that an incident of sexual assault, sexual harassment, dating violence, or stalking has been perpetrated by or experienced by themself or any Trinity student or employee while a Trinity student or employee, Texas law requires the counselor to report the type of incident—and nothing else—to the university’s Title IX coordinator, regardless of where the incident occurred. In contrast, the office manager and the wellness coordinator must report to the Title IX coordinator all information about an incident that a student discloses to them.

Except when otherwise permitted or required to be disclosed by law, your counseling record is accessible only to the mental health professionals in the office of Counseling Services. Your counseling record is not part of your academic record. Texas law gives you the right to examine the content of your counseling record. Texas law requires that we keep your counseling record for a minimum of seven years following the termination of services, after which the hard copy and/or electronic files will be destroyed.

In order to provide you with high quality assistance, your counselor may consult with other counselors on our professional staff. The staff consultants are legally bound to maintain confidentiality. Finally, to protect your confidentiality and avoid the possibility that others will infer that you are a client, your counselor will not speak to you outside of the office unless you speak first.

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