



Child & Youth Therapy Confidentiality Information

We understand that supporting a child's mental health is a deeply important commitment. At Eagles Nest, we share that passion. When parents and caregivers contact us, we view it as the beginning of a vital partnership. To make this process easy and effective, we have compiled the key information you need to know when starting your child on their therapy journey.

Limits of Communication

We recognize that parents and guardians wish to stay fully informed about their child's therapy progress and the topics discussed in session. While we appreciate your concern, our ability to share information is governed by strict professional and legal obligations to uphold client confidentiality regardless of the clients age.

What does this mean?

To ensure your child has a safe and effective therapeutic space, their therapist cannot disclose the specific details of their sessions. We can only communicate information to you that we have received explicit consent to share from our client (your child).

Confidentiality must be broken in cases where there is a serious risk of harm to a client or others, as required by law and our regulating colleges.

A private and confidential space is essential for your child to feel safe and open up to their therapist, which is critical for positive outcomes. We understand this limitation can sometimes be frustrating but please know it is a foundational practice to ensure your child receives the most effective therapeutic support.



What We Can Communicate About

While we uphold strict confidentiality, we ensure you will remain a vital partner in your child's journey. We will actively connect with you regarding important aspects of the therapy process.

The Practical Details

For children under 12 (or for older youth whose parent/guardian was involved in the intake) we will communicate with parents regarding essentials like scheduling, frequency, billing and invoicing. We will keep your child informed about these communications to maintain transparency.

Updates & Support

We actively work with your child to help them determine and articulate what updates they are comfortable and willing to share with you. We will help your child find their voice to share what is helpful.

With your child's consent, and at the discretion of the therapist we may involve parents or guardians in sessions. As well, prior to your child's first session, their therapist may wish to have a consult appointment with you.

When parental/guardian support is key to progress, and with your child's consent, we will collaborate with you. This involves providing you with the necessary strategies and information to effectively reinforce your child's therapeutic work at home.



Limits of Service

To maintain ethical and legal compliance, there are specific circumstances in which we must decline providing services to children and youth. Please note the following key requirements.

Consent

Consent is required before any individual can begin therapy. In Ontario, there is no specific age of consent for therapy or health care treatment. Capacity to consent is determined on a case-by-case basis.

At Eagles Nest, youth must be a minimum of 12 years old to provide their own consent. Our team will assess whether the youth is able to understand the therapy process and make informed decisions about their care. If a youth is not considered capable of making these decisions independently, parental or guardian consent will be required.

Dual Parental Consent

At Eagles Nest, for children under 12, we require consent from both custodial parents or guardians before beginning therapy. This ensures ethical practice and adherence to professional guidelines. If one custodial parent with decision-making authority does not agree to the treatment, we are unable to offer therapeutic services for your child. This is our policy both for individual therapy as well as our therapeutic group programs for children.



Court & Custody

If custody or court proceedings are ongoing, we will assess on a case-by-case basis whether it is therapeutically appropriate to begin counselling immediately. Commencing services may be postponed until court or custody proceedings have ended.

Assessment Reports and Testimony

In accordance with professional ethics, scope of practice, and therapeutic boundaries, Eagles Nest therapists do not participate in legal proceedings or provide court testimony on behalf of clients.

The therapeutic process is intended to support your child's emotional well-being and may not be appropriate for assessment, custody, or other legal matters. Participation in legal proceedings can affect the therapeutic relationship and may not be in your child's best interests.

Information shared during therapy is kept confidential except where disclosure is required or permitted by law. Client records may only be released with appropriate written consent or as otherwise required by law, including in response to a valid court order or subpoena.

Eagles Nest therapists do not provide custody evaluations, access assessments, parenting recommendations, or legal opinions or assessments for court proceedings. Requests for reports, letters, or testimony related to legal matters will be considered on a case-by-case basis and may be declined if they fall outside the therapist's role or scope of practice.

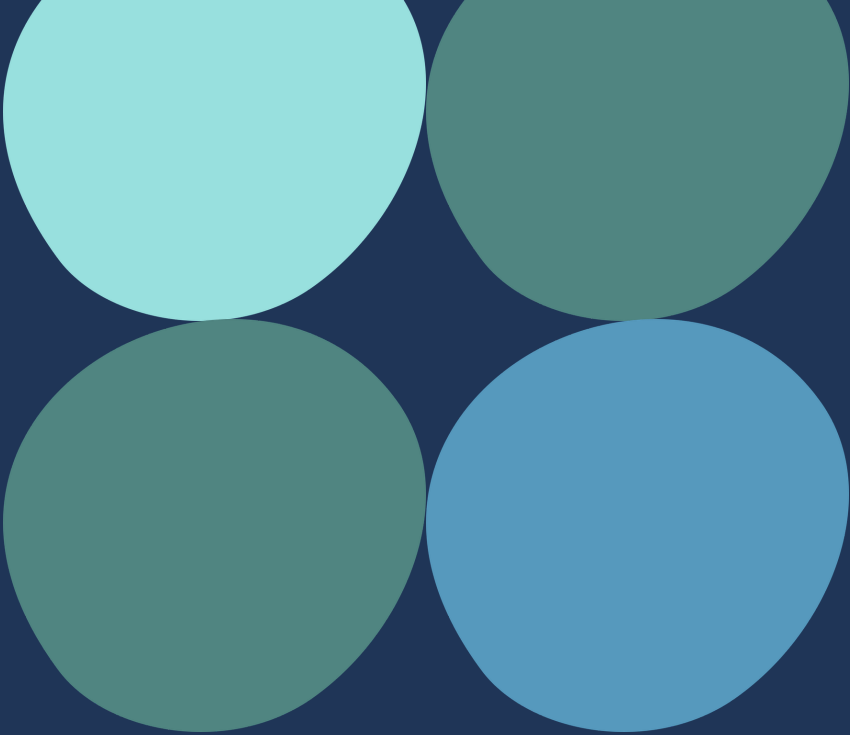
Parents and guardians are encouraged to carefully consider whether involving a treating therapist in legal proceedings is appropriate and in the best interests of their child.

Parent & Caregiver Involvement & Collaboration

We recognize that parents and caregivers play an important role in the therapeutic process. When appropriate, having everyone working toward shared goals can strengthen communication, support progress, and help create consistency between therapy and home. We encourage family involvement whenever it is beneficial and supportive for the child or youth.

At the same time, we understand that every family situation is unique. In some cases, increased involvement may add stress, and timing, readiness, and the needs of the child are important considerations throughout the therapeutic process.





Please don't hesitate to contact us with any questions or concerns that you may have.

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