

Charter of Parent Rights and Responsibilities

Defining Minds Psychology & Counselling

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Purpose of this Charter

This Charter outlines the rights and responsibilities of parents and guardians whose children are engaged in psychological services with Defining Minds Psychology & Counselling. It is guided by the Australian Psychological Society (APS) Code of Ethics, AHPRA standards, and the commitment to respectful, safe, and collaborative care.

Your Rights as a Parent or Guardian

As a parent or legal guardian, you have the right to:

1. Be Informed

- Receive clear information about the nature, purpose, and goals of psychological services being provided to your child.
- Be notified of any limitations to confidentiality, including mandatory reporting obligations under law.

2. Consent and Participation

- Provide informed consent for psychological services, including assessment and treatment.
- Be involved in the planning and review of your child's care, where appropriate.

3. Respect and Dignity

- Be treated with respect, compassion, and cultural sensitivity, without discrimination or judgment.
- Expect privacy and confidentiality, in accordance with ethical and legal standards.

4. Communication

- Ask questions and receive timely responses to your concerns.
- Receive progress updates and information about your child's therapeutic journey, consistent with the child's age, capacity, and consent rights.

5. Advocacy and Support

- Advocate for your child's wellbeing in collaboration with the psychologist.
- Seek a second opinion or request a referral, if desired.

6. Feedback and Complaints

- Provide feedback, both positive and constructive, regarding your experience.
- Lodge a complaint or concern about the service without fear of discrimination or retribution, and be directed to appropriate channels (e.g., AHPRA, the Health Care Complaints Commission).

Your Responsibilities as a Parent or Guardian

To support your child's psychological care, you agree to:

1. Provide Accurate Information

- Share relevant background, medical, developmental, and contextual information that supports a comprehensive understanding of your child.

2. Engage Respectfully

- Communicate respectfully with the psychologist and staff, and model appropriate behaviour during visits or sessions.

3. Respect Confidentiality Boundaries

- Understand that psychologists are ethically bound to uphold the child's right to confidentiality, especially in adolescence, unless there are safety concerns or risk of harm.

4. Prioritise Attendance

- Attend scheduled appointments on time and provide adequate notice if rescheduling or cancelling.
- Understand that non-attendance may impact your child's therapeutic progress.

5. Collaborate

- Participate in therapeutic recommendations, psychoeducation, or parenting support when offered.
- Support the therapy process outside of sessions by fostering a safe and regulated home environment.

6. Acknowledge Limits of Practice

- Understand that your child's psychologist does not provide legal opinions, parenting assessments for court, or custody recommendations unless explicitly stated.

Our Commitment to You

We are committed to working alongside parents in a compassionate, respectful, and evidence-based manner. We believe parents are key partners in helping children thrive, and we uphold your rights while working in the best interests of your child.

For questions about this Charter or to provide feedback, please speak with Dr. Kylie Hutchings or contact us at:

 **Port Macquarie Clinic:** 02 5525 3800

 **Telehealth Clinic:** 0490 888 124