

## Law and Psychology Presents Lunchtime Learning: June 6, 2024 at Noon Virtually

### Ethical Guidelines for Writing and Releasing Therapy Progress Notes (Tips from a forensic psychologist who reads them for Court)

with Sebastian Rilen, PsyD, ABPP

This session is designed for clinicians who feel uncomfortable or hesitant after receiving releases, subpoenas, or court orders for therapy records. What is discussed will help contain, improve, adjust, and modify common charting errors using a structured formula. First, we'll review common charting myths and correct typical barriers to release. We'll shift next to an overview of the legal and ethical obligations guiding progress notes and responses to release inquiries. We'll cover responding to a subpoena or Court Order, as well as the parameters of withholding or redacting records due to concerns for potential harm. We will conclude by outlining common failings of popular note templates, consider a more structured approach to charting, and review practical strategies to improve your very next progress note.

**Fee:** NCPA Members - \$20.00; Non-members - \$45.00

**Instructional Level:** Intermediate

**Educational Format:** Lecture with slides

#### Learning Objectives:

**By the end of the institute, participants will be able to:**

1. explain why therapists do not hold rights to privacy in a client chart,
2. describe HIPAAs regulations for withholding records based on concerns for potential harm,
3. identify and refute three common barriers to release, and
4. list three suggested strategies for writing more objective and more focused progress notes.



#### Instructor:

**Dr. Rilen** was originally licensed in California, where he worked at a juvenile hall and a forensic group practice before moving to the Midwest. For the past ten years he has been employed by the State of Minnesota, first with the judicial branch and currently at the state hospital. As the Court's examiner, Dr. Rilen has conducted numerous Court-Ordered evaluations, for which he has requested and reviewed thousands of records. Additionally, Dr. Rilen founded Streamline Forensics, where he conducts private practice evaluations for criminal, juvenile, and family courts. A secondary function of Streamline includes developing and administering continuing education and training on forensic topics, the lineup for which can be found at [www.streamlineforensics.com](http://www.streamlineforensics.com). Dr. Rilen is board certified in forensic psychology by the American Board of Professional Psychology (ABPP). He also serves on the Minnesota Board of Psychology, and as the social media coordinator for the American Academy of Forensic Psychology (AAFP).

**Continuing Education Information:** This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 1 hour of Category A ETHICS credit.**

#### Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

**Citations:** Available upon request.