force a therapist to testify than it is to force a non-licensed mental health professional; laws governing therapists are much stricter about confidentiality.

Therapists also have to reveal information about treatment to insurers in order for their clients’ treatment to be covered, but they do not reveal any more information than is necessary to ensure coverage. Typically, the information revealed is limited to the [diagnosis](https://www.goodtherapy.org/blog/pyschpedia/diagnosis) being treated and any medications required.

The confidentiality of [children](https://www.goodtherapy.org/learn-about-therapy/issues/child-and-adolescent-issues) is a hotly contested issue. Because minors cannot consent to treatment, they do not have the strong confidentiality rights that adults have. However, this can interfere with the treatment process, so many clinicians seek the permission of their minor clients’ parents to keep therapy confidential. Even when parents do not agree to confidentiality, therapists will not typically reveal mundane discussions in therapy; instead, they will give information about broad treatment goals and progress.