# Record Keeping Guidelines

American Psychological Association

#### Introduction

These guidelines are designed to educate psychologists and provide a framework for making decisions regarding professional record keeping. State and federal laws, as well as the American Psychological Association's (APA, 2002b) "Ethical Principles of Psychologists and Code of Conduct" (hereafter referred to as the Ethics Code), generally require maintenance of appropriate records of psychological services. The nature and extent of the record will vary depending upon the purpose, setting, and context of the psychological services. Psychologists should be familiar with legal and ethical requirements for record keeping in their specific professional contexts and jurisdictions. These guidelines are not intended to describe these requirements fully or to provide legal advice.

Records benefit both the client and the psychologist through documentation of treatment plans, services provided, and client progress. Record keeping documents the psychologist's planning and implementation of an appropriate course of services, allowing the psychologist to monitor his or her work. Records may be especially important when there are significant periods of time between contacts or when the client seeks services from another professional. Appropriate records can also help protect both the client and the psychologist in the event of legal or ethical proceedings. Adequate records are generally a requirement for third-party reimbursement for psychological services.

The process of keeping records involves consideration of legal requirements, ethical standards, and other external constraints, as well as the demands of the particular professional context. In some situations, one set of considerations may suggest a different course of action than another, and it is up to the psychologist to balance them appropriately. These guidelines are intended to assist psychologists in making such decisions.

#### Guidelines and Use of Language

Psychological practice entails applications in a wide range of settings for a variety of potential clients. This document was written to provide broad guidance to providers of services (e.g., assessment, diagnosis, prevention, treatment, psychotherapy, consultation). Extension of the guidelines to some areas of practice (e.g., industrial/ organizational, consulting psychology) may likely call for modifications, although some of the same general principles may be useful.

The term guidelines refers to statements that suggest or recommend specific professional behavior, endeavors, or conduct for psychologists. Guidelines differ from standards in that standards are mandatory and may be accompanied by an enforcement mechanism. Guidelines are aspirational in intent. They are intended to facilitate the continued systematic development of the profession and to help facilitate a high level of practice by psychologists. Guidelines are not intended to be mandatory or exhaustive and may not be applicable to every professional situation. They are not definitive and they are not intended to take precedence over the judgment of psychologists.

These guidelines are intended to provide psychologists with a general framework for considering appropriate courses of action or practice in relation to record keeping. Record keeping procedures are directed, to some extent, by the Ethics Code and legal and regulatory requirements. Within these guidelines, more directive language has been used when a particular guideline is based specifically on mandatory provisions of the Ethics Code or law. However, some areas are not addressed in those enforceable standards and regulations. In these areas, more aspirational language has been used. This document aims to elaborate and provide assistance to psychologists as they attempt to establish their own record keeping policies and procedures.

This revision of the 1990 "Record Keeping Guidelines" was completed by the Board of Professiontal Affairs (BPA) Committee on Professional Fractice and Standards of ODPPS. Members of COPPS during the development of this document were Eric Y. Drogin (Chair, 2007), Mary A. Connell (Chair, 2006). William E. Foote (Chair, 2003), Armand R. Starm (Chair, 2004). Kristin A. Hancock (Chair, 2003), Armand R. Cerbone, Victor de la Cancella, Michele Galietta, Larry C. James (BPA Inition, 2004). Leigh W. Jerome (BPA Inition, 2004). Sara J. Knight, Stephen Lafly, Gary D. Lovejoy, Bonnie J. Spring, Carolyn M. West, and Philip H. Witt. COPPS is grateful for the support and guidance of the BPA, particularly to BPA Chairs Kristin A. Hancock (2006). Rossie Phillips Bingham (2005), and Jalie A. Tucker (2004). COPPS also acknowledges the consultation of Lina R. Grossman, Stephen Behnke, Lindsay Childrens-Bestty, Billie Hinnefeld, and Alan Nessman. COPPS extends its appreciation to the APA staff members who facilitated the work of COPPS; Lynn F. Bufka, Mary G. Handiman, Laura Kay-Roth, Eroestine Promissan, Geoffrey M. Reed, and Omar Reference.

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<sup>&</sup>quot;The term client is used throughout this document to refer to the child, adolescent, adult, older adult, family, group, organization, community, or other population neceiving psychological services. Although it is recognized that the client and the recipient of services may not necessarily be the same entity (APA Ethics Code, Standard 3.07), for economy the term client is used in place of service recipient.

# **Record Keeping Guidelines**

**James Roughton** 



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#### **Table of Contents Record Keeping Guidelines**

- 1. Understanding the eBook Record Keeping Guidelines
  - The Rise of Digital Reading Record Keeping Guidelines
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Record Keeping Guidelines
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Record Keeping Guidelines
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Record Keeping Guidelines
  - Personalized Recommendations
  - Record Keeping Guidelines User Reviews and Ratings
  - Record Keeping Guidelines and Bestseller Lists
- 5. Accessing Record Keeping Guidelines Free and Paid eBooks
  - Record Keeping Guidelines Public Domain eBooks
  - Record Keeping Guidelines eBook Subscription Services
  - Record Keeping Guidelines Budget-Friendly Options

- 6. Navigating Record Keeping Guidelines eBook Formats
  - o ePub, PDF, MOBI, and More
  - Record Keeping Guidelines Compatibility with Devices
  - Record Keeping Guidelines Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Record Keeping Guidelines
  - Highlighting and Note-Taking Record Keeping Guidelines
  - Interactive Elements Record Keeping Guidelines
- 8. Staying Engaged with Record Keeping Guidelines
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Record Keeping Guidelines
- 9. Balancing eBooks and Physical Books Record Keeping Guidelines
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Record Keeping Guidelines
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Record Keeping Guidelines
  - Setting Reading Goals Record Keeping Guidelines
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Record Keeping Guidelines
  - Fact-Checking eBook Content of Record Keeping Guidelines
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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