When working in the Psychology field, one will be dealing with clients and patients on an everyday basis. While working with patients so much and needing them to speak freely consistently, they may feel a little uncomfortable or judged. Confidentiality and informed consent will make each patient feel more at ease to talk about anything they really feel without having that feeling of uncertainty. Psychologists who happen to break the confidentiality of their client may risk losing any trust built up between their self and client or even the risk of potentially losing their client.

Confidentiality is when a patient or client has full trust in their practitioner to share things with them with confidence, such as stories, secrets, and feelings. The most important aspect for a Psychologist practitioner to do in their job is to gain the trust of each of their clients. The American Psychological Association states, "Confidentiality is a respected part of psychology's code of ethics. Psychologists understand that for people to feel comfortable talking about private and revealing information, they need a safe place to talk about anything they'd like, without fear of that information leaving the room. They take your privacy very seriously." (November 2013) Gaining trust may be difficult at first because not everyone finds it easy to confide in a stranger with their deepest feelings. It may be necessary and comforting to a patient if their practitioner opens up to them by sharing some things from their own personal life and past. After a specialist reveals information about themselves a client will be more at ease and feel more confident to do the same. The field of psychology is based on practitioner and client relationships. According to the American Psychological Association, "Laws