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HIPAA Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

Effective Date of This Notice
This notice went into effect on 5/29/26.

My Pledge Regarding Health Information
I understand that health information about you and your health care is personal. I am committed to protecting health information about you. I create a record of the care and services you receive from me. I need this record to provide you with quality care and to comply with certain legal requirements. This notice applies to all of the records of your care that I generate. I am required by federal law to maintain the privacy of Protected Health Information (PHI), which is information that identifies or could be used to identify you. I am required to provide you with this Notice of Privacy Practices (Notice), which explains the ways in which I may use and disclose health information about you. I also describe your rights to the health information I keep about you, and describe certain obligations I have regarding the use and disclosure of your health information. I am required by law to:

- Make sure that protected health information ("PHI") that identifies you is kept private.
- Give you this notice of my legal duties and privacy practices with respect to health information.
- Follow the terms of the notice that is currently in effect.
- Inform you if PHI is compromised in a breach.
- I can change the terms of this notice, and such changes will apply to all information I have about you. The new notice will be available upon request and on the TherapyPortal.

How I May Use and Disclose Health Information About You
The following categories describe different ways that I use and disclose health information. For each category of uses or disclosures I will explain what I mean and try to give some examples. Not every use or disclosure in a category will be listed. However, all of the ways I am permitted to use and disclose information will fall within one of the categories.

For Your Treatment: Federal privacy rules (regulations) allow health care providers who have direct treatment relationship with the patient/client to use or disclose the patient/client's personal health information without the patient's written authorization to carry out the health care provider's own treatment. For example, I may disclose your PHI to your psychiatrist to coordinate your care. I may disclose your protected health information for the treatment activities of any health care provider. This too can be done without your written authorization. For example, if a clinician were to consult with another licensed health

care provider about your condition, we would be permitted to use and disclose your personal health information, which is otherwise confidential, in order to assist the clinician in diagnosis and treatment of your mental health condition.

Disclosures for treatment purposes are not limited to the minimum necessary standard because therapists and other health care providers need access to the full record and/or full and complete information in order to provide quality care.

The word "treatment" includes, among other things, the coordination and management of health care providers with a third party, consultations between health care providers and referrals of a patient for health care from one health care provider to another.

To Obtain Payment. I can use and disclose your PHI to bill and collect payment for the professional services that I provide to you.

For Healthcare Operations. I can use and disclose your PHI for purposes of conducting health care operations pertaining to my practice. For example, I may need to disclose your PHI to our attorneys to obtain advice about complying with applicable laws. Additionally, I may use and disclose your PHI to contact you to remind you that you have an appointment. I may also use and disclose your PHI to tell you about treatment alternatives, or other health care services or benefits that I offer.

Certain Uses and Disclosures Require Your Authorization

1. Psychotherapy Notes. I do keep "psychotherapy notes" as that term is defined in 45 CFR § 164.501, and any use or disclosure of such notes requires your Authorization unless the use or disclosure is:

    - For my use in treating you.
    - For my use in training or supervising mental health practitioners to help them improve their skills in group, joint, family, or individual counseling or therapy.
    - For my use in defending myself in legal proceedings instituted by you.
    - For use by the Secretary of Health and Human Services to investigate my compliance with HIPAA.
    - Required by law and the use or disclosure is limited to the requirements of such law.
    - Required by law for certain health oversight activities pertaining to the originator of the psychotherapy notes.
    - Required by a coroner who is performing duties authorized by law.
    - Required to help avert a serious threat to the health and safety of others.
2. Marketing Purposes. As a psychotherapist, I will not use or disclose your PHI for marketing purposes.
3. Sale of PHI. As a psychotherapist, I will not sell your PHI in the regular course of my business.

Certain Uses and Disclosures Do Not Require Your Authorization

Subject to certain limitations in the law, I can use and disclose your PHI without your Authorization for the following reasons:

1. When disclosure is required by local, state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
2. For public health activities, including reporting suspected child, elder, or dependent adult abuse, or preventing or reducing a serious threat to anyone's health or safety.
3. For health oversight activities, including audits and investigations.
4. As required by the Secretary of Health and Human Services: I may be required to disclose you PHI to the Secretary of Health and Human Services to investigate or determine our compliance with the requirements of the final rule on Standards for Privacy of Individually Identifiable Health Information.
5. For judicial and administrative proceedings, including responding to a court or administrative order. If you are involved in a lawsuit, I may disclose health information in response to a court or administrative order. I may also disclose health information about your child in response to a subpoena, discovery request, or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request and request your authorization or to obtain an order protecting the information requested.
6. For law enforcement purposes, including reporting crimes occurring on my premises.
7. To coroners, funeral directors or medical examiners, when such individuals are performing duties authorized by law.
8. For research (that has been approved by an institutional review board) purposes, including studying and comparing the mental health of patients who received one form of therapy versus those who received another form of therapy for the same condition.
9. Specialized government functions, including review of your security clearance, ensuring the proper execution of military missions; protecting the President of the United States; conducting intelligence or counter-intelligence operations; or helping to ensure the safety of those working within or housed in correctional institutions.
10. For workers' compensation purposes. Although my preference is to obtain an Authorization from you, I may provide your PHI in order to comply with workers' compensation laws.
11. To comply with requests regarding organ donation or transplantation.
12. To business associates that perform functions, activities or services on my behalf.

Certain Uses and Disclosures Require You To Have the Opportunity to Object

1. Disclosures to family, friends, or others. I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations. (You can ask me not to share your PHI with family members or friends by stating the specific restriction requested and to whom you want the restriction to apply.)

You Have the Following Rights With Respect To Your PHI

Your rights regarding PHI are explained below. To exercise these rights, please submit a written request to the address on this Notice.

1. The Right to Request Limits on Uses and Disclosures of Your PHI. You have the right to ask me not to use or disclose certain PHI for treatment, payment, or health care operations purposes. I am not required to agree to your request, and I may say "no" if I believe it would affect your health care.
2. The Right to Request Restrictions for Out-of-Pocket Expenses Paid for In Full. You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.
3. The Right to Choose How I Send PHI to You. You have the right to ask me to contact you only in specific ways (for example, home or office phone), or to send mail to a different address, and I will agree to all reasonable requests.
4. The Right to See and Get Copies of Your PHI. Other than "psychotherapy notes," you have the right to get an electronic or paper copy of your medical record and other information that I have about you. I will provide you with a copy of your record, or a summary of it, if you agree to receive a summary, within 30 days of receiving your written request, and I may charge a reasonable, cost-based fee for doing so. I may deny your request if I believe the disclosure will endanger your life or another person's life. You may have a right to have this decision reviewed.
5. The Right to Get a List of the Disclosures I Have Made. You have the right to request a list of instances in which I have disclosed your PHI for purposes other than treatment, payment, or health care operations, or for which you provided me with an Authorization. I will respond to your request for an accounting of disclosures within 60 days of receiving your request. The list I will give you will include disclosures made in the last six years unless you request a shorter time. I will provide the list to you at no charge, but if you make more than one request within 12 months, I will charge you a reasonable cost-based fee for each additional request.
6. The Right to Correct or Update Your PHI. If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that I correct the existing information or add the missing information. I may say "no" to your request, but I will tell you why in writing within 60 days of receiving your request. You may submit a written statement of disagreement regarding the denial of your request.
7. The Right to Get a Paper or Electronic Copy of this Notice. You have the right get a paper copy of this Notice, and you have the right to get a copy of this Notice electronically. And, even if you have agreed to receive this Notice electronically, you also have the right to request a paper copy.
8. The Right to Choose Someone to Act for You. If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights for you.
9. The Right to Revoke Authorization. You have the right to revoke, in writing, any authorization you granted for me to disclose your PHI.
10. The Right to Opt Out of Fundraising Communications. I may contact you for fundraising efforts but you can ask not to be contacted.

Questions
If you would like further information or have questions about this notice, please use the contact information in this Notice to reach me.

Complaints
You are welcome to discuss complaints or disappointments with me personally. To file a complaint, please contact me personally at the phone and address listed on this Notice. You have the right to make a complaint to me or to contact the US Department of Health and Human Services to make a complaint if you believe that your privacy rights have been violated. You may contact the US Department of Health and Human Services online at https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf or by calling 1(800)-368-1019. I will not retaliate against you for filing a complaint.

Acknowledgement of Receipt of Privacy Notice
Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information. By signing, you are acknowledging that you have received a copy of HIPAA Notice of Privacy Practices.

You can decline to sign this acknowledgement. In that case, I would keep a record of this fact.