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## **NOTICE OF PRIVACY PRACTICES**

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

This Notice also complies with applicable New York State laws, including Mental Hygiene Law §33.13, which provides additional protections for mental health information. Where New York law is more protective than federal HIPAA regulations, New York law will take precedence.

## **EFFECTIVE DATE OF THIS NOTICE**

03/25/2026

## **I. MY PLEDGE REGARDING HEALTH INFORMATION**

I understand that health information about you is personal. I am committed to protecting it. I understand that discussing personal experiences can feel vulnerable, and I strive to balance protecting your privacy with transparency about limits of confidentiality.

## **II. HOW I MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU**

For treatment, payment, and healthcare operations as permitted under HIPAA.

**Lawsuits and Disputes:** I may disclose information in response to a court order signed by a judge. In accordance with New York law, I generally do not release records in response to a subpoena alone without your authorization or a court order. I will attempt to notify you where permitted.

## **III. CERTAIN USES AND DISCLOSURES REQUIRE YOUR AUTHORIZATION**

Psychotherapy notes, marketing, and other uses require written authorization.

## **IV. USES AND DISCLOSURES THAT DO NOT REQUIRE YOUR AUTHORIZATION**

Includes public health, safety, legal requirements, and oversight.

**Serious Threat to Health or Safety:** I may disclose PHI to prevent or lessen a serious and imminent threat consistent with law and ethics.

## **TELEHEALTH AND ELECTRONIC COMMUNICATION**

I may provide services via telehealth and electronic communication. While I use secure platforms, risks such as unauthorized access exist. By engaging, you acknowledge these risks.

## **VI. YOUR RIGHTS**

You have rights to access, amend, restrict, and receive copies of your PHI.

Additional New York State Protections: Disclosures may require written authorization or court order even where HIPAA would allow otherwise.

#### **VII. CHANGES TO THIS NOTICE**

I may update this notice at any time.