NOTICE OF PRIVACY PRACTICES

Effective Date: August 5, 2025

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.

Resilience Within Therapy PLLC ("the Practice") is committed to protecting your privacy. We are required by federal law (HIPAA) to maintain the privacy of Protected Health Information ("PHI"), which is information that identifies you or could be used to identify you. This Notice explains our legal duties, our privacy practices, and your rights regarding PHI that we collect and maintain.

PRIVACY OFFICIAL CONTACT INFORMATION

Privacy Officer: Inbal Gurari, LCSW
Email: ResilienceWithinTherapyPllc@gmail.com
Phone: 602-824-8006

SPECIAL NOTES ABOUT OUR PRACTICES

• We never market or sell your personal information.
• We will never share any substance abuse treatment records, psychotherapy notes, or HIV/AIDS-related informationwithout your written permission, except as required by law.
• California law provides additional protections for mental health, substance use, and HIV-related records. We comply with all California and Arizona laws that require greater privacy protections than HIPAA.
• If you receive services through an insurance plan or other payer, your information may be shared with them for payment purposes, unless you request restrictions as described in this Notice.

OUR USES AND DISCLOSURES

1. Routine Uses and Disclosures of PHI
We may use and share your PHI without written authorization for treatment, payment, and health care operations.
2. Uses and Disclosures Without Your Authorization
We may share PHI as required or permitted by law, such as for public health, oversight, abuse/neglect reporting, judicial requests, workers' compensation, organ donation, or approved research.
3. Uses and Disclosures With Your Opportunity to Object
We may disclose PHI to family, friends, or others involved in your care unless you object.
4. Uses and Disclosures Requiring Your Written Authorization
We must obtain your written authorization before using or disclosing PHI for marketing, sale of PHI, or psychotherapy notes. You may revoke authorization at any time in writing.

ORGANIZED HEALTH CARE ARRANGEMENTS (OHCA)

Resilience Within Therapy PLLC is an independent therapy practice and is not currently part of an Organized Health Care Arrangement (OHCA). If this changes, you will receive an updated Notice explaining how information is shared among OHCA participants.

RESEARCH, MEDICAL EXAMINERS, FUNERAL DIRECTORS, AND ORGAN DONATION

• We may use or disclose PHI for research purposes if approved by an institutional review board and permitted by law.
• We may disclose PHI to a medical examiner, coroner, or funeral director when necessary.
• We may disclose PHI to an organ or tissue donation program as permitted by law.

OUR RESPONSIBILITIES

• We are required by law to maintain the privacy and security of your PHI.
• We will comply with the terms of this Notice and applicable federal and state privacy laws.

• We will notify you promptly if a breach compromises the privacy or security of your PHI.
• We reserve the right to revise this Notice at any time. Updated Notices will be available on our website (ResilienceWithinTherapy.com) and by request.

COMPLAINTS

If you believe your privacy rights have been violated, you may:
• File a complaint with our Privacy Officer (contact above).
• File a complaint with the U.S. Department of Health and Human Services Office for Civil Rights, 200 Independence Avenue SW, Washington, D.C. 20201; Phone: 1-877-696-6775; Website: www.hhs.gov/ocr/privacy/hipaa/complaints/.
We will not retaliate against you for filing a complaint.