



Challenges of Life Counseling LLC
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HIPAA Rights & Confidentiality with your Therapist

As you know what you tell your therapist is almost always confidential. That is, professional ethics and HIPAA laws prevent her from telling anyone else what you said unless you give written permission to release information. These rules are the way our society recognizes and supports the privacy of therapy. However, there are a few rare exceptions to confidentiality of which we would like you to be aware:

Office Procedures: When I am on **vacation** or unavailable another therapist will answer calls and may need to access some information about your case if there is an emergency.

Protection from Harm:

1. If I come to believe that you are threatening serious harm to another person I am required by law to try to protect the other person or persons. In that case, I may have to tell the intended victim(s), and the police, or perhaps seek emergency hospitalization for you.
2. In an emergency where your life or health is in immediate danger, I may release information that would protect your life without permission if I cannot get it. If I do so, I will discuss this with you as soon as possible afterwards.
3. If I believe or suspect that a child, an elderly person, or a disabled person is being abused (by your neglect, assault, battery, or sexual molestation), I must file a report with the appropriate state agency.

Court Proceedings: We may disclose your health information in response to a court or administrative order. We may also disclose your health information in response to a subpoena, discovery request, or other lawful process by someone else involved in a dispute, but only if efforts have been made to tell you about the request, in which you were given an opportunity to object to the request, or to obtain an order protecting the information requested. You can prevent me from testifying about what you have told me. This is called privilege and it is always your choice to invoke it or waive it (that is, allow me to testify). However, there are situations where the judge may require me to testify because the judge believes the court needs my information to make a good decision.

Other Client Rights:

1. You have the right to restrict the information we use or disclose about your treatment, payment or health care operations. You also have the right to request a limit on the health information we disclose about you to someone who is involved in your care or the payment for your care. You may also request to amend information.
2. You have the right to request that we communicate with you or your responsible party about your health care in an alternative way or at a certain location. For example, to mail our statements to an address other than your home. Insurance EOBs, however, are sent directly to the policy holder if it is a spouse or a parent, not the client.
3. You have the right to inspect and copy health information that may be used to make decisions about your care.
4. If you feel you have a complaint about the services that you receive or believe your rights have been violated, please contact Dr. Jeanne Trifone, Director. You may also file a complaint with the Consumer Protection Division of the Attorney General's office and contact them at (866) 966-7226.
5. For HIPAA, we will contact you if we believe there is a breach of your Personal Health Information. If you believe that we have violated your HIPAA rights, you may file a complaint with the Office of Civil Rights, DHHS, Sam Nunn Atlanta Federal Center, Suite 16T70, 61 Forsyth Street, S.W., Atlanta, GA 30303-8909 or call them at (800) 368-1019.