



Liminal Solutions

Psychotherapy and Consulting, LLC

Notice of Privacy Practices (Brief Version)

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.

My commitment to your privacy:

As part of providing professional care to you, I will do all I can to maintain the privacy of what is called your “protected health information” (PHI). I am also required by law to keep your PHI private. These laws are complicated, and I must give you this important information. This page is a shorter description of what I do to maintain your privacy. If you would like to read the more detailed, unabridged version, I have provided you with a copy of it. If you have any questions about my practices, please contact me, S. Ileana Lindstrom, PhD, the owner and compliance officer of Liminal Solutions Psychotherapy and Consulting, LLC. My contact information is listed at the bottom of this page.

How I use and disclose your protected health information (PHI) with your consent:

I will use the information I collect about you mainly to provide you with treatment; to arrange payment for my services; and for some other business activities called, in the law, “health care operations.” I will ask you to sign a separate consent form, the *Starting Our Work Together Booklet: Psychotherapy Services Information and Contract*, to show that you understand the ways I handle your information. If you do not agree and won’t sign this consent form, I will not be able to treat you. If I want to use or send, share, or release your PHI for other purposes, I will discuss this with you so you fully understand it, and ask you to sign a release-of-information form to allow this.

Disclosing your health information without your consent:

There are some times when the laws require me to share your information without getting your consent. They are described in the longer, unabridged version of my Notice of Privacy Practices, but here are the most common situations:

1. When there is a serious threat to your health or safety or to those of another person or to the public. I will only share information with people who are able to help prevent or reduce the danger.
2. When I am required to do so by lawsuits and other legal or court proceedings.
3. When a law enforcement official requires me to do so.
4. For workers’ compensation and some similar programs if you seek these benefits.



Your rights about your health information:

1. You can ask me to communicate with you in a particular way or at a certain place that is more private for you. For example, you can ask me to call you at home, rather than at work, to schedule or cancel an appointment. I will try my best to do as you ask.
2. You can ask me to limit what I tell people involved in your care or the payment for your care, such as family members and friends.
3. You have the right to look at the health information I have about you, such as your medical chart, case file, and billing records. You can get a copy of these records, and I can charge you for it. Please talk to me to arrange how to see your records.
4. If you believe that the information in my records is incorrect or missing something important, you can ask me to make additions to your records to correct the situation. You have to make this request in writing and send it to me.
5. You have the right to file a complaint if you believe your privacy rights have been violated. You can file a complaint with me and with the Secretary of the U.S. Department of Health and Human Services. All complaints must be in writing. Filing a complaint will not change the health care I provide to you in any way.
6. You have the right to a copy of this notice.

Also, you may have other rights that are granted to you by the laws of our state, and these may be the same as or different from the rights described above. I will be happy to discuss these situations or answer any questions now or as they arise. Here is my name and contact information: S. Ileana Lindstrom, PhD, 410-699-0093, 818 High Street, Suite #4, Chestertown, MD 21620-1152.

The effective date of this notice is June 21, 2017.
