

## NOTICE OF RIGHTS REGARDING RECORDS

### 1. RIGHT TO ACCESS RECORDS:

- a. You have the right to request access to your therapy records maintained by MindfulGen (AKA Mindful Generation). Upon your written request, we will provide you with access to your records within a reasonable timeframe, in accordance with applicable laws and regulations. Please note that certain exceptions and limitations may apply.

### 2. RIGHT TO REQUEST CORRECTIONS:

- a. You have the right to request corrections or amendments to your therapy records if you believe that the information is inaccurate, incomplete, or misleading. We will consider your request and, if appropriate, make the necessary changes. If we determine that a correction is not warranted, we will provide you with a written explanation.

### 3. RIGHT TO REQUEST RESTRICTIONS ON DISCLOSURE:

- a. You have the right to request restrictions on the disclosure of certain information in your therapy records. While we will make reasonable efforts to accommodate your request, please note that we may not be able to comply if the disclosure is required by law or if it pertains to your treatment, payment, or healthcare operations.

### 4. RIGHT TO REQUEST AN ACCOUNTING OF DISCLOSURES:

- a. You have the right to request an accounting of disclosures made from your therapy records, excluding certain disclosures as permitted by law. This accounting will provide you with information about when, to whom, and for what purpose your records were disclosed. Please submit your request in writing, and we will respond within a reasonable timeframe.

### 5. RIGHT TO LIMIT OR WITHHOLD ACCESS TO RECORDS:

- a. Please be aware that there may be circumstances where, in the professional judgment of the therapist, it may be determined that providing access to your therapy records could reasonably be expected to cause harm to you. In such situations, we reserve the right to limit or withhold access to the records. This decision will be made with careful consideration of the potential risks and benefits, prioritizing your well-being.

### 6. FEES FOR ACCESS AND COPIES:

- a. We may charge a reasonable fee for providing access to your therapy records or for copies of your records, as permitted by law. We will inform you of any applicable fees in advance and provide an explanation of the costs involved.

### 7. NOTICE OF PRIVACY PRACTICES:

- a. This Notice of Rights Regarding Records is provided in conjunction with our Notice of Privacy Practices, which provides more comprehensive information about how we handle and protect your personal health information. It describes the purposes and uses of your records, your rights regarding your information, and our responsibilities to safeguard your privacy.

If you have any questions or concerns about your rights regarding your therapy records, including the therapist's right to limit or withhold access under certain circumstances, please do not hesitate to contact us.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_