

Jennifer Meim Hypnotherapy: Privacy Policy

Effective Date: July 6, 2026

Jennifer Meim Hypnotherapy ("Company," "we," "us," or "our") respects your privacy and is committed to protecting your personal information. This Privacy Policy describes how we collect, use, process, and disclose your personal information, as well as your rights regarding that information.

This Privacy Policy applies to all personal information collected by us, including but not limited to information collected:

1. Through our website, www.jmccht.com (our "Website");
2. During the client intake and registration process (whether completed physically, electronically, or verbally);
3. In connection with our hypnotherapy sessions, consultations, and related services; and
4. Through our emails, text messages, and other digital communications.

By utilizing our Website or purchasing our services, you agree to the collection and use of your personal information in accordance with this Privacy Policy.

1. Personal Information We Collect

We collect personal information from and about you in three primary ways: directly from you, automatically through your use of our Website, and from third-party sources.

A. Information Collected Directly From You

We collect personal information that you voluntarily provide to us when you request a consultation, book a session, complete intake forms, subscribe to our newsletter, or contact us. This may include:

- **Identifiers:** Your full name, mailing address, email address, phone number, and physical signature.
- **Sensitive Clinical Information:** Demographic details, lifestyle information, health history, psychological history, goals for therapy, and notes recorded by practitioners during or after hypnotherapy sessions.
- **Financial Information:** Billing address, credit card or debit card numbers, and other transaction or payment details processed securely by our third-party payment processors.
- **Communications:** Correspondence, feedback, survey responses, and questions you send to us via email or contact forms.

B. Information Collected Automatically

When you visit and navigate www.jmccht.com, we and our service providers (such as analytics partners) may automatically collect certain technical information from your computer or mobile device. This may include:

- **Usage Data:** IP address, browser type and version, operating system, time zone setting, referring/exit pages, search queries within our Website, and dates/times of your visits.
- **Cookies and Tracking Technologies:** We use cookies, web beacons, and similar tracking technologies to improve Website performance, remember your preferences, and analyze how visitors interact with our digital platform.

C. Information Collected From Third Parties

We may receive information about you from third parties, such as:

- **Scheduling and Booking Platforms:** Platforms used to facilitate consultation bookings or session scheduling.
- **Payment Processors:** Secure transaction networks that confirm payments made for our services.
- **Referral Sources:** Healthcare practitioners, wellness partners, or clients who refer you to our practice with your knowledge or consent.

2. How We Use Your Personal Information

We use the personal information we collect for the following business and clinical purposes:

- **To Provide Services:** Scheduling sessions, conducting hypnotherapy sessions, managing client files, administering custom therapeutic strategies, and communicating with you about your progress.
- **To Process Payments:** Facilitating secure financial transactions for consultations, sessions, or programs.
- **To Improve Our Website and Services:** Troubleshooting technical issues, analyzing Website traffic patterns, and enhancing user experiences on www.jmccht.com.
- **To Communicate With You:** Sending booking confirmations, appointment reminders, policy updates, transactional notifications, and responses to your inquiries.
- **For Marketing Purposes:** With your consent, we may send you occasional newsletters, updates, or special promotional offers about services we believe may interest you. You can opt out of marketing communications at any time.
- **For Legal and Security Purposes:** Protecting the rights, safety, and property of our clients, practitioners, and the public; complying with applicable laws and professional ethical guidelines; and resolving disputes.

3. How We Share Your Personal Information

We prioritize client confidentiality. We do **not** sell, rent, or lease your personal information to third parties. We only disclose your personal information under the following limited circumstances:

- **To Trusted Service Providers:** We share information with third-party vendors who

perform essential business operations on our behalf (e.g., website hosting, online appointment scheduling platforms, secure email providers, and credit card processing systems). These vendors are contractually bound to protect your data and are prohibited from using it for any other purpose.

- **With Your Explicit Consent:** We may share clinical information or updates with your primary healthcare provider, therapist, or a designated third party, but only if you provide explicit, written authorization.
- **For Legal Compliance and Protection:** We may disclose your information to legal or government authorities if required to do so by law, court order, subpoena, or professional regulations, or if we believe in good faith that disclosure is necessary to protect lives, prevent harm, or address fraud.
- **In the Event of a Business Transfer:** If our practice is sold, merged, or transferred to another professional practitioner, client files and personal data may be transferred as part of the business assets, subject to professional continuity of care standards and applicable confidentiality laws.

4. Your Privacy Rights and Choices

We believe in giving you control over your personal information. Depending on your location, you may have the following rights:

- **Access and Correction:** You have the right to request access to the personal information we hold about you and to ask that we correct any inaccurate, incomplete, or outdated information.
- **Data Erasure:** You may request that we delete certain personal information, subject to our legal, ethical, and clinical record-keeping obligations under California law.
- **Marketing Opt-Out:** You can opt out of receiving promotional emails from us at any time by clicking the "unsubscribe" link in any promotional email, or by contacting us directly at ccht@jennifermeim.com.
- **Cookie Management:** Most web browsers allow you to modify your cookie settings to refuse or disable cookies. Please note that disabling cookies may affect the functionality of certain elements of our Website.

5. California Privacy Rights (CCPA/CPRA Compliance)

This section applies solely to residents of the State of California, in compliance with the California Consumer Privacy Act (CCPA) as amended by the California Privacy Rights Act (CPRA).

- **Right to Know and Access:** You have the right to request information about the categories and specific pieces of personal information we have collected, used, and disclosed about you over the past 12 months.
- **Right to Delete:** You have the right to request the deletion of personal information collected from you, subject to legal exceptions (such as our professional obligation to retain clinical client records for legal and medical liability reasons under California law).
- **Right to Correct:** You have the right to request that we correct inaccurate personal

information that we maintain about you.

- **Right to Opt-Out of Sale or Sharing:** We do not "sell" or "share" your personal information (as those terms are defined under the CCPA/CPRA) for cross-context behavioral advertising.
- **Non-Discrimination:** We will not discriminate against you in any manner (such as charging different rates or denying services) for exercising your California privacy rights.

To exercise any of these rights, please submit a verifiable request to ccht@jennifermeim.com.

6. Children's Privacy

Our Website is intended for individuals who are 18 years of age or older. We do not knowingly collect personal information from children under the age of 13 through www.jmccht.com.

In our clinical practice, we may provide hypnotherapy services to minors, but only with the explicit, written informed consent of a parent or legal guardian. If you are a parent or guardian and believe your child under 13 has provided personal information to our Website without your consent, please contact us immediately so we can remove the data.

7. Data Security

The security of your personal and clinical information is of utmost importance to us. We implement reasonable administrative, physical, and technical safeguards (such as encrypted databases, password-protected systems, and secure paper storage) designed to protect your data from unauthorized access, disclosure, alteration, or destruction.

However, please be aware that no security system is completely impenetrable, and no method of transmitting data over the internet is 100% secure. We cannot guarantee the absolute security of your personal information.

8. Data Retention

We retain your personal and clinical information only as long as necessary to fulfill the purposes for which it was collected, or as required to comply with our legal, clinical, tax, and accounting obligations. For example, under California regulations, clinical health records for adult clients are generally retained for a minimum of seven (7) years following the termination of services, after which they are securely destroyed.

9. Third-Party Websites

Our Website, www.jmccht.com, may contain links to third-party websites or services (such as scheduling portals, payment processors, and professional directories) that we do not own or control. We are not responsible for the privacy practices, content, or security measures of any third-party websites. We encourage you to read the privacy policies of any third-party sites you visit.

10. Updates to This Privacy Policy

We may modify or update this Privacy Policy from time to time to reflect changes in our business practices, legal requirements, or service offerings. When we make updates, we will revise the "Effective Date" at the top of this page. We encourage you to review this page periodically to stay informed about how we protect your information.

11. Contact Us

If you have any questions, concerns, or requests regarding this Privacy Policy or our treatment of your personal information, please contact us:

Jennifer Meim Hypnotherapy Email: ccht@jennifermeim.com

Website: www.jmccht.com