

Notice of Privacy Practices

Last Updated: March 2026

Sara Burchfiel, LMFT – Individual & Family Therapy, Inc.

Your privacy matters. This website is intended to provide information about my practice and to offer a way to connect if you choose. This policy explains how information may be collected and used when you visit this site.

Information Collected

This website may collect information in the following ways:

Information you voluntarily provide

If you fill out a contact form or reach out by email, you may provide your name, email address, phone number, or other information you choose to share.

Automatically collected information

This website may collect limited technical data such as your IP address, browser type, and pages visited. This helps improve the website experience.

How Information Is Used

Information collected through this website may be used to:

- Respond to inquiries or consultation requests
- Communicate about services
- Improve the website's functionality and content

Your information is not sold or shared for advertising purposes.

Third-Party Services

This website is built and hosted through GoDaddy and may use related tools to support functionality.

These may include:

- Website hosting and infrastructure (GoDaddy)
- Analytics tools
- Embedded content (such as maps)
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These services may collect limited data as part of their normal operation and operate under their own privacy policies.

Confidentiality Notice

Please be aware:

- Communication through this website (including contact forms or email) is not a secure or confidential method of communication
- Submitting information does not establish a therapist-client relationship

If you become a client, you will receive a separate Notice of Privacy Practices describing how your protected health information is handled.

Your Choices

You may choose not to submit personal information through this website.

You may also contact me to request that your information not be used going forward.

Changes to This Policy

This policy may be updated periodically. Updates will be reflected on this page with a revised date.

Contact

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