

COACHING NOTICE OF PRIVACY POLICIES

Medical Disclaimer: This is not a Clinical Psychological Services

Effective Date: July 15, 2026

Your privacy is important to me. Please review this document carefully. This Privacy Policy explains how I collect, use, disclose, and safeguard your information when participating in **Coaching services from Canada or the US**. Coaching services are separate from my Clinical Psychology practice and **do not constitute psychological or mental health treatment**. The information collected is **not considered Protect Health Information (PHI)** and is **not governed by the US Health Insurance Portability and Accountability Act (HIPAA), Illinois Mental Health and Developmental Disabilities Confidentiality Act (IMHDDCA), Canada's Personal Information Protection and Electronic Documents Act (PIPEDA) or Ontario's Personal Health Information Protection Act (PHIPA)**.

LORI A. BOLNICK, PSY.D.

1821 Walden Office Square, Suite 40th0

Schaumburg, Illinois 60173

***Business Associates and their Contractors**

This Privacy Policy may be revised as needed to reflect changes in legal requirements, services, or website practices. Any updates will be posted to www.drloribolnick.com with an updated effective date. Before I make a significant change in my privacy practices, I will change this notice and make the new notice available upon request.

Use of Digital Information

Information I Collect. When you visit my website or using my coaching services, I may collect the following types of information:

- **Personal Information:** Name, email address, phone number, and any information you provide via contact forms, subscribing to content, using scheduling tools, or within consultations.
- **Coaching Intake Information:** Information shared voluntarily for the purposed of goal setting, education, and accountability within the scope of coaching
- **Website Usage Information:** IP address, browser type, pages visited, and date/time stamps (collected through cookies or analytics tools).

How Your Information is Used. I do not sell, rent, or share your personal information with third parties for marketing purposes. Your information is used to:

- Respond to questions, requests, or comments
- Schedule and manage Coaching sessions
- Provide Coaching support and content
- Process payments and send confirmations
- Improve website functionality and user experience.
- Share occasional updates, tips, or marketing emails (opt-out available)

Protection of Your Information. I implement reasonable physical, administrative, and technical safeguards to protect your personal data. However, please note:

- Coaching information is **not kept on systems compliant with HIPAA (US), PIPEDA (Canada) or PHIPA (Ontario).**
- Communications via standard email or text are not encrypted
- You should avoid sending sensitive personal or mental health information via email.

Cookies and Tracking Technologies. My website may use cookies or analytics tools (like Google Analytics) to understand how visitors interact with the site. These tools do not collect identifying health or personal data. You may choose to disable cookies in your browser settings. You can read more about how Google uses your Personal Information here: <https://www.google.com/intl/en/policies/privacy/>. You can also opt-out of Google Analytics here: <https://tools.google.com/dlpage/gaoptout>.

Third-Party Services. If scheduling, payment, or communication occurs via third-party platforms (e.g., **Zelle (US), Wise (Canada), Google Workplace applications, Wix, Spruce**), those platforms have their own privacy policies and security protocols. I encourage you to read the privacy statement and terms of use of others sites.

Coaching vs. Therapy

Dr. Lori Bolnick's website includes discussion of **both Therapy and Coaching services**. While she is a Licensed Clinical Psychologist in the State of Illinois, **Therapy and Coaching are distinct services** with different legal protections, purposes, and structure. It is important to understand the differences between them. Although both Coaching and psychotherapy utilize knowledge of human behavior, motivation, behavioral change, and interactive counseling techniques, there are major differences in the goals, focus, and level of professional responsibility.

Therapy: a clinical service regulated by state, provincial, and federal laws (including HIPAA, PIPEDA, PHIPA, and the Illinois Mental Health and Developmental Disabilities Confidentiality Act). Therapy is available **only to clients located in Illinois and other PsyPact states (through the E. Passport/APIT)** and involves the diagnosis and treatment of mental health conditions. For a map of PsyPact states, please view the following: <https://psypact.gov/page/psypactmap>

Coaching: is **not therapy, counseling, or psychological treatment**. Coaching is an educational, motivational, and goal-oriented process designed to support personal growth and improve everyday functioning. Coaching services are **not regulated by mental health laws**, are **not protected by HIPAA (US), PIPEDA (Canda) or PHIPA (Ontario)**, and **do not establish a therapist-client or doctor-client relationship**. Coaching sessions are available throughout the US and Canada. If you are from a different country, please ask Dr. Lori Bolnick if she can work with you on a case-by-case basis.

If you are seeking mental health treatment, please refer to the Therapy section of this website. If you are in a mental health crisis or need immediate support, please call 911 in either the US or Canada. During our Coaching sessions, if it is believed that therapy would be beneficial, a referral to another mental health provider will be discussed. Dr. Lori Bolnick cannot provide both Therapy and Coaching to the same individual.

Limits to Confidentiality in Coaching

While coaching is a private process, it is not confidential in the legal sense. Dr. Lori Bolnick may disclose information you share in the following circumstances:

- If required by law (e.g., threats of harm to self or others, court orders)
- To comply with legal obligations or protect rights and safety
- If you provide written consent to share information with another party

Your Rights

You have the right to:

- Request access to the personal data you've shared
- Request corrections or deletion of your information
- Opt-out of email communications at any time
- Contact me with concerns about privacy practices

Contact Information

If you have any questions about this Coaching Privacy Policy or your data, please contact:

Lori A. Bolnick, Psy.D.

1821 Walden Office Square, Suite 400
Schaumburg, Illinois 60173

Email: privacypolicies@drloribolnick.com

Phone: (224) 220-0277

Fax: (224) 774-1741