

## Privacy Policy

Last updated: December 2025

Heather Clark respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how your information is collected, used, and safeguarded when you visit this website, download resources, or purchase digital products.

### 1. Information We Collect

We may collect personal information you voluntarily provide, including:

Name

Email address

Payment information (processed securely through third-party platforms)

Information submitted through contact forms, opt-ins, or course enrollment

We may also automatically collect limited technical data such as:

IP address

Browser type

Pages visited

Time spent on the site

This data helps improve site functionality and user experience.

### 2. How Your Information Is Used

Your information may be used to:

Deliver free resources and purchased products

Send known emails related to content, education, or offerings

Communicate updates or relevant information

Improve website performance and offerings

Process payments securely

Your information is never sold to third parties.

### 3. Email Communication

By providing your email address, you consent to receive emails from Heather Clark. You may unsubscribe at any time using the link at the bottom of any email.

Unsubscribing from marketing emails does not affect transactional emails related to purchases or account access.

### 4. Therapy and Mental Health Privacy Clarification

This website, its lead magnets, and digital products are not psychotherapy services.

No protected health information (PHI) as defined by HIPAA is requested, stored, or managed through this website, email list, or course platform.

If you are an active psychotherapy client of Heather Clark, your clinical records are maintained separately under HIPAA-compliant systems and governed by a separate Notice of Privacy Practices provided through the therapy practice.

### 5. Third-Party Services

This website may use third-party tools such as:

Email marketing platforms

Payment processors

Course hosting platforms

Analytics tools

These services have their own privacy policies and are responsible for their own data handling practices.

### 6. Cookies

This website may use cookies to improve functionality and user experience. You may disable cookies through your browser settings if you prefer.

### 7. Data Security

Reasonable administrative and technical safeguards are used to protect your information. However, no method of transmission over the internet is completely secure.

## 8. Changes to This Policy

This Privacy Policy may be updated at any time. Continued use of the website constitutes acceptance of any changes.

## 9. Contact

If you have questions about this Privacy Policy, contact:

Heather Clark, LMFT  
Heather Clark, LLC  
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