

Ashley Gutierrez Therapy, PLLC

Website Privacy Policy (The Digital Footprint Stuff)

Therapy requires an immense amount of vulnerability, and I believe you deserve to know exactly how your privacy is protected—both in the therapy room and on this website.

This page explains how this website collects and uses your data. (Note: This is different from my HIPAA Notice of Privacy Practices, which covers how your actual clinical and medical information is protected once you become a client. You can find that document [\[Here/Linked in the footer\]](#)).

Information You Give Me

When you fill out a contact form to schedule a consultation, you are choosing to share basic information with me—like your name, email address, phone number, and a brief message. I use this information for exactly one purpose: to reply to you and figure out if we'd be a good fit to work together. I will never sell, rent, or trade your contact information to a third party. Because regular email is not 100% secure, I ask that you keep your contact form messages relatively brief and save the deeply personal details for our actual consultation call.

Information the Website Collects (Cookies)

Like almost every website on the internet, this site uses standard "cookies" and analytics (via WIX) to see how the site is performing. This means the site collects anonymous, behind-the-scenes data like what city people are visiting from, what type of device they are using, and which pages they read the most. This helps me ensure the website is actually working properly, but it doesn't tell me who you are personally. If you hate cookies, you can always disable them in your web browser's settings!

Third-Party Links

Occasionally, I might link to outside resources, books, or mental health organizations. Once you click those links and leave my site, my privacy policy no longer applies, so just be mindful of where you're clicking.

Terms of Use (The Boundaries of This Space)

Welcome to my corner of the internet. By using and reading this website, you agree to these Terms of Use. (I promise to keep it brief).

1. This Website is Not Therapy

This is the most important boundary here: reading this website, subscribing to a newsletter, or sending me an email through the contact form does not create a therapist-client relationship between us. The content on this site (including blogs, resources, and descriptions) is for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or clinical treatment.

2. Not for Emergencies

This website and my email inbox are not monitored 24/7. If you are experiencing a mental health crisis, please do not wait for me to email you back. Call or text 988, call 911, or go to your nearest emergency room immediately.

3. Intellectual Property (Please Don't Steal My Stuff)

I wrote the words on this website, and they belong to my practice. You are absolutely welcome to share links to my site or quote short snippets of a blog post if you credit me, but please don't copy and paste my website copy and use it as your own.

4. Texas Jurisdiction

I am a Licensed Professional Counselor Associate operating in Austin, Texas under professional supervision by a licensed LPC-S. These terms and the use of this website are governed by Texas law.

Your Right to a Good Faith Estimate (No Surprises Act)

Under the federal No Surprises Act, you have the right to receive a “Good Faith Estimate” explaining how much your therapy services will cost.

Healthcare should never come with hidden fees or surprise bills. If you are not using insurance, or if you are choosing not to submit claims to your insurance network, I will provide you with a clear, written estimate of the total expected cost of your care before your first scheduled session.

- You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency healthcare services, including psychotherapy.
- You can ask me, or any other provider you choose, for a Good Faith Estimate before you schedule a service.

- If you receive a bill that is at least \$400 more than your Good Faith Estimate, you have the right to dispute the bill. Make sure to save a copy or picture of your Good Faith Estimate.

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises.