

Proof of Consent

This document was generated to show efforts made to comply with privacy legislation. This document will contain the Cookie Policy and the cookie consent settings to proof consent for the time and region specified below. For more information about this document, please go to <https://complianz.io/consent>.

This page was last changed on May 31, 2025, last checked on May 31, 2025 and applies to citizens and legal permanent residents of the United States.

1. Introduction

Our website, <https://counselingbypaula.com> (hereinafter: "the website") uses cookies and other related technologies (for convenience all technologies are referred to as "cookies"). Cookies are also placed by third parties we have engaged. In the document below we inform you about the use of cookies on our website.

We do not sell or share personal information to third parties for monetary consideration; however, we may disclose certain personal information to third parties under circumstances that might be deemed a "sale" or "Sharing" for residents of California (CPRA), Colorado (CPA), Connecticut (CTDPA), Delaware (PDPA), Iowa (CDPA), Montana (MCDPA), Nebraska (DPA), Nevada (NRS 603A), New Hampshire (DPA), New Jersey (DPL), Oregon (OCPA), Texas (TDPSA), Utah (UCPA) and Virginia (CDPA). We respect and understand that you may want to be sure that your personal information is not being sold or shared. You may request that we exclude your personal information from such arrangements, or direct us to limit the use and disclosure of possible sensitive personal information, by entering your name and email address below. You may need to provide additional identifying information before we can process your request.

2. Cookies

When you visit our website it can be necessary to store and/or read certain data from your device by using technologies such as cookies.

2.1 Technical or functional cookies

Some cookies ensure that certain parts of the website work properly and that your user preferences remain known. By placing functional cookies, we make it easier for you to visit our website. This way, you do not need to repeatedly enter the same information when visiting our website and, for example, the items remain in your shopping cart until you have paid. We may place these cookies without your consent.

2.2 Statistics cookies

We use statistics cookies to optimize the website experience for our users. With these statistics cookies we get insights in the usage of our website.

2.3 Marketing/Tracking cookies

Marketing/Tracking cookies are cookies or any other form of local storage, used to create user profiles to display advertising or to track the user on this website or across several websites for similar marketing purposes.

3. Placed cookies

Most of these technologies have a function, a purpose, and an expiration period.

1. A function is a particular task a technology has. So a function can be to "store certain data."
2. Purpose is "the Why" behind the function. Maybe the data is stored because it is needed for statistics.
3. The expiration period shows the length of the period the used technology can "store or read certain data."

WordPress

Functional

Consent to service wordpress

Usage

We use WordPress for website development. [Read more](#)

Sharing data

This data is not shared with third parties.

Functional

Name

[wpEmojiSettingsSupports](#)

Expiration

session

Function

Store browser details

Google Fonts

Purpose pending investigation

Consent to service google-fonts

Usage

We use Google Fonts for display of webfonts. [Read more](#)

Sharing data

For more information, please read the [Google Fonts Privacy Statement](#).

Purpose pending investigation

Name

Google Fonts API

Expiration

Function

Google Maps

Purpose pending investigation

Consent to service google-maps

Usage

We use Google Maps for maps display. [Read more](#)

Sharing data

For more information, please read the [Google Maps Privacy Statement](#).

Purpose pending investigation

Name

Google Maps API

Expiration

Function

Miscellaneous

Purpose pending investigation

Consent to service miscellaneous

Usage

Sharing data

Sharing of data is pending investigation

Purpose pending investigation

Name

55c5b9d9577bf2f495d8b1bae364414c

Expiration

Function**Name**

cmplz_functional

Expiration

365 days

Function**Name**

cmplz_statistics

Expiration

365 days

Function**Name**

cmplz_preferences

Expiration

365 days

Function

Name

cmplz_marketing

Expiration

365 days

Function

4. Browser and Device based Consent

When you visit our website for the first time, we will show you a pop-up with an explanation about cookies. You do have the right to opt-out and to object against the further use of non-functional cookies.

4.1 Manage your opt-out preferences

5. Enabling/disabling and deleting cookies

You can use your internet browser to automatically or manually delete cookies. You can also specify that certain cookies may not be placed. Another option is to change the settings of your internet browser so that you receive a message each time a cookie is placed. For more information about these options, please refer to the instructions in the Help section of your browser.

Please note that our website may not work properly if all cookies are disabled. If you do delete the cookies in your browser, they will be placed again after your consent when you visit our website again.

6. Your rights with respect to personal data

You have the following rights with respect to your personal data:

- you may submit a request for access to the data we process about you;
- you may object to the processing;
- you may request an overview, in a commonly used format, of the data we process about you;

- you may request correction or deletion of the data if it is incorrect or not or no longer relevant, or to ask to restrict the processing of the data.

To exercise these rights, please contact us. Please refer to the contact details at the bottom of this Cookie Policy. If you have a complaint about how we handle your data, we would like to hear from you.

For more information about your rights with respect to personal data, please refer to our [Privacy Statement](#)

7. Contact details

For questions and/or comments about our Cookie Policy and this statement, please contact us by using the following contact details:

Paula Helsby
P. O. Box 1001
Silverton, Oregon 97381
United States
Website: <https://counselingbypaula.com>
Email: paula13@mtangel.net
Phone number: 503-873-3608

This Cookie Policy was synchronized with cookiedatabase.org on May 31, 2025.

Cookie consent settings

- prefix => cmplz_
- user_banner_id => 1
- block_ajax_content =>
- do_not_track_enabled =>
- consenttype => optout
- region => us
- geoip =>
- dismiss_timeout =>
- disable_cookiebanner =>
- soft_cookieswall =>
- dismiss_on_scroll =>
- cookie_expiry => 365
- locale => lang=en&locale=en_US
- categories => statistics, marketing
- tcf_active =>
- forceEnableStats =>
- preview =>

- clean_cookies =>
- aria_label => Click to accept {category} cookies and enable this content
- id => 1
- title_class => banner-a
- header => Manage Consent,1
- accept_optin => Accept
- accept_optout => Accept,1
- manage_consent => Manage consent
- manage_options => View preferences
- save_settings => Save preferences
- dismiss => Deny,1
- message_optout => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behavior or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- message_optin => To provide the best experiences, we use technologies like cookies to store and/or access device information. Consenting to these technologies will allow us to process data such as browsing behavior or unique IDs on this site. Not consenting or withdrawing consent, may adversely affect certain features and functions.
- category_functional => Functional
- category_preferences => Preferences,1
- category_statistics => Statistics,1
- functional_text => The technical storage or access is strictly necessary for the legitimate purpose of enabling the use of a specific service explicitly requested by the subscriber or user, or for the sole purpose of carrying out the transmission of a communication over an electronic communications network.,1
- statistics_text => The technical storage or access that is used exclusively for statistical purposes.,1
- statistics_text_anonymous => The technical storage or access that is used exclusively for anonymous statistical purposes. Without a subpoena, voluntary compliance on the part of your Internet Service Provider, or additional records from a third party, information stored or retrieved for this purpose alone cannot usually be used to identify you.,1
- preferences_text => The technical storage or access is necessary for the legitimate purpose of storing preferences that are not requested by the subscriber or user.,1
- marketing_text => The technical storage or access is required to create user profiles to send advertising, or to track the user on a website or across several websites for similar marketing purposes.,1
- category_marketing => Marketing,1
- manage_consent_options => hover-hide-mobile
- use_categories => view-preferences
- privacy_link_us => #