

Privacy Policy

What is GDPR? (General Data Protection Regulation)

It is a data protection regulation intended to protect the personal data of all European citizens. It applies to all EU member states from 25 May 2018. A central requirement of this regulation is for businesses (of all sizes) to obtain consent from customers/clients to store any personal details.

What is my data used for?

When entering therapy I will ask for your consent to hold (or continue to hold) your personal information securely. The information requested is intentionally kept to a minimum but covers important information relevant to the operational nature of psychotherapy/counselling/coaching.

What data of mine is held?

Contact information – (name/address/email/telephone number) necessary for logistical arrangements and may be used to make contact with you.

Basic personal details – such as ‘age’ or ‘gender’ which may be relevant to therapy (including the right to self-definition).

Medical history – which may be relevant to therapy, indicating certain types of treatment, and/or be relevant to presenting issues.

GP details – which may be relevant in certain circumstances.

Presenting issues – a short section to outline the reasons for the client consultation.

Important points of attention / your rights:

Please be aware that:

All details are confidential and will not be shared with any third party (subject to the confidentiality clauses set out in my therapy contract).

No outside agencies or individuals have access to this information

Please note you have the right to withdraw consent at any time for this information to be held. This should be done in writing (e.g email).

This Privacy Policy does not apply to the practices of third parties that I do not own or control.

How long will my personal data be kept?

I will erase any information 7 years after the end of our work together (Contract and Civil Law Statute of Limitation requires they be kept for this time).

What Are Cookies?

Cookies are bits of information (memory files) stored in your browser by sites you visit. As is common practice with almost all websites, this site uses cookie to improve your experience by remembering your preferences and enable other cookie-based features (e.g. analytics).

Our Cookies

When you submit data through a form such as those found on contact pages or comment forms, cookies may be set to remember your user details for future correspondence.

In order to provide you with a better experience and remember your preferences, I set cookies so that this information can be called whenever you interact with a page.

Third-Party cookies

In special cases, I also use cookies provided by trusted third parties like Google Analytics. Third party analytics are used to track and measure usage of this site so that I can continue to produce engaging content.

How To Disable Cookies?

Most browsers let you refuse to accept cookies. See your browser Help or Tool for how to do this. Be aware that disabling cookies may affect the functionality of this and many other websites you visit. Therefore, it is recommended that you do not disable cookies.

Changes to this privacy notice

This privacy notice was published on 6th November 2024 and last updated on 6th November 2024. It will be revised periodically.