

GDPR Privacy Policy

I will retain for my records any information you have given me, including personal contact details, documents, emails and media. These details will be used by me to keep any records as prescribed by the law and for contacting you about events in the future and/or for emailing occasional information pertinent to your wellbeing. I will never pass on your information to a third party without your express permission and any information I do keep will be stored on a password protected laptop. If you wish to opt out of receiving emails you can do so by letting me know in writing.

Confidentiality & Data Protection

All hypnotherapy and coaching services are provided in total confidence. Your identity and any details you may disclose will be protected. However, in unusual circumstances it may be necessary to break that confidence: for example where there are indications that harm may result to yourself or others; where a child is at risk of harm or abuse; or if a criminal act is disclosed. If it is necessary to break confidence in this way this will be done, where possible, with your consent and only to those parties who have an absolute need to know.

The data we keep is personal contact details, and personal information that you have shared with the therapist. If you shared that information electronically, it is stored electronically, other than that personal information that you share is stored in a paper form. This information is only kept to enable the therapist to help you to achieve the positive changes that you want to make. We keep all of this information for eight years after the most recent contact that you have had with us, in case you have a desire to return at a future date, at which point it will be securely destroyed.

Record and Note Keeping

It is a legal and professional requirement of the psychology and counselling professions that written records of sessions and contact with you are made and kept. This client record is kept in accordance with the Data Protection Act 2018. Any requests for sight or copy of these records by you or your representative must be made in writing and there may be a fee payable for preparation of these records. By booking this appointment you agree to the therapist retaining written or electronic records relating to your contact with them for the purposes of therapy and coaching only.