

Privacy Statement

Your privacy is very important to me, and you can be confident that your personal information will be kept safe and secure and will only be used for the purpose it was given to me.

I adhere to current data protection legislation, including the General Data Protection Regulation (EU/2016/679) (the GDPR), the Data Protection Act 2018 and the Privacy and Electronic Communications (EC Directive) Regulations 2003.

This privacy notice tells you what I will do with your personal information from initial point of contact through to after your therapy has ended, including:

- Why I am able to process your information and what purpose I am processing it for.
- Whether you have to provide it to me.
- How long I store it for.
- Whether there are other recipients of your personal information.
- Whether I intend to transfer it to another country.
- Whether I do automated decision-making or profiling, and your data protection rights.

I am happy to chat through any questions you might have about my data protection policy, and you can contact me via:

EMAIL: Hello@ChristianOliver.uk
or by **TELEPHONE:** 07482623994

'Data controller' is the term used to describe the person/organisation that collects and stores and has responsibility for people's personal

data. In this instance, the data controller is me.

I am registered with the Information Commissioner's Office

ADDRESS: Christian Carr, 23 Lockyer Street, Plymouth, PL1 2QW

EMAIL: Hello@ChristianOliver.uk

TELEPHONE: 07482623994

My lawful basis for holding and using your personal information:

The GDPR states that I must have a lawful basis for processing your personal data. There are different lawful bases depending on the stage at which I am processing your data. I have explained these below:

- If you have had therapy with me and it has now ended, I will use legitimate interest as my lawful basis for holding and using your personal information.
- If you are currently having therapy or if you are in contact with me to consider therapy, I will process your personal data where it is necessary for the performance of our contract.

The GDPR also makes sure that I look after any sensitive personal information that you may disclose to me appropriately. This type of information is called 'special category personal information'. The lawful basis for me processing any special categories of personal information is that it is for provision of health treatment (in this case counselling) and necessary for a contract with a health professional (in this case, a contract between me and you).

How I use your information:

Initial contact.

When you contact me with an enquiry about my counselling services, I will collect information to help me satisfy your enquiry. This will include, full name, address, DOB, GP details, trusted individual,

Alternatively, your GP or other health professional may send me your details when making a referral or a parent or trusted individual may give me your details when making an enquiry on your behalf.

If you decide not to proceed, I will ensure all your personal data is deleted within 48 hours. If you would like me to delete this information sooner, just let me know.

While you are accessing counselling.

Rest assured that everything you discuss with me is confidential. That confidentiality will only be broken if:

Harm to self or others

I reserve the right to break confidentiality if I think that you have become a danger to yourself or other people. I will attempt to discuss this with you and my supervisor first, but this may not always be possible.

For legal and ethical reasons

I am not bound by confidentiality if in good faith I feel that I can assist in the prevention or detection of a serious crime, this includes safeguarding issues regarding children or vulnerable adults, crimes regarding substantial financial gains and losses, and acts of terrorism.

I will always try to speak to you about this first, unless there are safeguarding issues that prevent this. I will keep a record of your personal details to help the counselling services run smoothly.

These details are kept securely on Cliniko's server.

I will keep written notes of each session; these are kept on a password protected secure server (Cliniko) that only I have access to. You can view their privacy policy here:

<https://www.cliniko.com/policies/privacy/>

I do not retain text messages for more than one week. If there is relevant information contained in a text message, I will copy and paste it into a word document located within each client folder. Likewise, any email correspondence will be deleted after one week if it is not important. If necessary, I will save the email in each client's secure folder.

After counselling has ended.

Once counselling has ended your records will be kept for 7 years from the end of our contact with each other and are then securely destroyed.

If you want me to delete your information sooner than this, please tell me.

Your rights

I try to be as open as I can be in terms of giving people access to their personal information. You have a right to ask me to delete your personal information, to limit how I use your personal information, or to stop processing your personal information (however if this is while you are actively receiving counselling, your counselling would have to end).

You also have a right to ask for a copy of any information that I hold about you and to object to the use of your personal data in some circumstances.

You can read more about your rights at ico.org.uk/your-data-matters.

If I do hold information about you I will:

- give you a description of it and where it came from.
- tell you why I am holding it.
- tell you how long I will store your data and how I made this decision.
- tell you who it could be disclosed to.
- let you have a copy of the information in an intelligible form.

You can also ask me at any time to correct any mistakes there may be in the personal information I hold about you.

To make a request for any personal information I may hold about you, please put the request in writing addressing it to Hello@ChristianOliver.uk

If you have any complaint about how I handle your personal data, please do not hesitate to get in touch with me by writing or emailing to the contact details given above. I would welcome any suggestions for improving my data protection procedures.

If you want to make a formal complaint about the way I have processed your personal information you can contact the ICO which is the statutory body that oversees data protection law in the UK. For more information go to ico.org.uk/make-a-complaint.

Data security

I take the security of the data I hold about you very seriously and as such I take every effort to make sure it is kept secure. I record my session notes securely on a laptop that is only used by me, and this is password protected

at both the level of the individual document and the laptop itself.

Visitors to my website (cookies)

When someone visits my website, I use a third-party service, Wix to collect standard internet log information and details of visitor behaviour patterns. I do this to find out things such as the number of visitors to the various parts of the site. This information is only processed in a way that does not identify anyone. I do not make, and do not allow Wix to make, any attempt to find out the identities of those visiting my website.

I use legitimate interests as my lawful basis for holding and using your personal information in this way when you visit my website.

I use Wix so that I can continually improve my service to you. You can read Wix's privacy notice here <https://support.wix.com/en/article/wix-s-privacy-policy>

Like most websites we use cookies to help the site work more efficiently. No user-specific data is collected by me or any third party. If you fill in a form on my website, that data will be temporarily stored on the web host before being sent to me.

Online counselling

All online sessions are conducted through Cliniko's secure online video platform. You can see their privacy policy here: <https://www.cliniko.com/policies/privacy/>