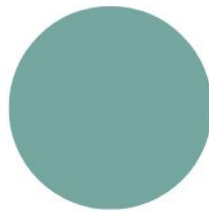




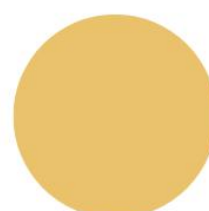
Permission to Pause Counselling and Wellbeing



Pause



Breathe



Begin

PRIVACY POLICY

Privacy Policy – Permission to Pause

Introduction

At Permission to Pause, I'm committed to protecting your privacy and treating your personal information with care and respect. This policy explains how I collect, store, and use your information in line with UK GDPR, the Data Protection Act 2018, and the ethical standards that guide my work as a counsellor.

It also reflects something deeper, my commitment to offering you a space that feels safe, held, and trustworthy, not only in conversation, but in how your personal information is managed behind the scenes.

Your Rights & My Responsibility

You have the right to know what information I hold about you, how I use it, and to ask for it to be corrected or deleted. I'll never hold more information than I need, and I won't keep it longer than necessary. You can withdraw your consent at any time, although there may be legal or ethical reasons why I need to keep certain records.

What I Collect and When

When you contact me, I may collect personal details such as your name, age, contact details, and a brief description of what brings you to therapy. Further information is collected during assessment, including your address, emergency contact, GP (if relevant), and risk or access needs.

How I Store Your Information

All records are stored securely, with client notes anonymised and separated from personal data. I do not record sessions, and I never share your data without your consent unless required by law.

Website & Cookies

My website does use cookies to track website performance and your data is aggregated with other users, you may decline the cookies at any time and no advanced analysis takes place. You are free to visit it without submitting any personal information.

Contact

If you wish to access your data or ask a question about how your information is handled, please contact me directly. You also have the right to contact the Information Commissioner's Office at www.ico.org.uk.