

Embrace Hypnotherapy GDPR and Privacy notice.

How will my data be stored?

With the implementation of the General Data Protection Regulations (GDPR) in May 2018, replacing the Data Protection Act, the focus has been on ensuring the secure and private storage of personal, confidential, and sometimes sensitive data. Data will be held under lock and key (physical) and password protected (IT based).

How long will you hold my information for?

The duration of data retention recommended by the NCH (of which I am a member members) specifies that written records should be securely stored for eight years after the last interaction with an adult client and up to the age of 25 for a child under 16 when last seen or 26 years for 17-18 year olds.

What if I would like my data to be destroyed before this date?

Under GDPR rules, you have the right to request the deletion of any of your records at any time.

Can I see or get a copy of the information you hold?

In accordance with GDPR, you have the right to access and obtain a copy of your information within 30 days.

What are your reasons for collecting this information?

Data is collected for client information (ie; to see progress in sessions and refer back to during therapy if needed) and also to aid any contact needed either legally (eg; in a case of safeguarding) or medically (in case of emergency or to contact GP)

How do I know that you will store my information securely?

Data will be secured both on paper (locked away with lock and key) and in IT format (on laptop) which is password protected.

Are our discussions within the hypnotherapy sessions confidential?

Yes, confidentiality is maintained unless there is a need for supervision support or if there is a belief that you may harm yourself or others.

What if I see you outside of a hypnotherapy session?

I will not approach you as your therapist as our client-therapist relationship is confidential. If you approach me to talk and mention therapy, that is your decision. Any testimonials that you may give will only be seen by others with your full consent.

Will you discuss information about me with other health and social care professionals?

Information will only be shared with other health and social care professionals with your written consent.

Who is the Data Controller, and what is their ICO registration number?

Nigel White is the data controller. ICO registration number = CSN 1334114.