

1. How will my data be stored?

In May 2018 the Data Protection Act was replaced by the General Data Protection Regulations (GDPR). The changes to the Data Protection Act are aimed at ensuring that your personal, confidential and sometimes sensitive data, is held privately and securely.

2. How long will you hold my information for?

In line with guidance from the National Council for Hypnotherapy, written records should be stored securely for 8 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.

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

Due to the sensitive nature of what we do, our insurance company does not allow the deletion of data, before the minimum times outlined above, for holding said data.

4. Am I able to see or get a copy of the information held by you?

In line with GDPR, yes, within 30 days of your request.

5. What are your reasons for collecting this information?

This information is collected to provide safe and effective therapy tailored to your needs, to keep accurate records, to monitor your progress, and to meet legal and professional requirements.

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

Digital client information is stored under password protected files. Any written notes are stored in a locked, fire-proof filing cabinet located on the premises.

7. Are our discussions within the hypnotherapy sessions confidential?

Yes, unless support from a qualified supervisor is required, or we believe that you are about to harm yourself or another.

8. What if I see you outside of a hypnotherapy session?

Our sessions and anything we discuss stay confidential.

If we happen to run into each other outside a session, we will respect your privacy and will not mention our work together unless you want to.

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

Only with your prior written consent.