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Confidentiality

Your privacy and confidentiality are of utmost importance. As a registered chartered Clinical Psychologist, I am committed to maintaining the confidentiality of all information shared during our sessions. Electronic records are held securely, meeting EU General Data Protection Regulation (GDPR) standards, which requires organisations that process personal information to register with the Information Commissioner's Office (ICO). I am legally required to retain client records for 7 years.

Clinical Psychologists are required to follow strict professional guidelines from the Health Care and Professions Council (HCPC) and the British Psychological Society (BPS). Any personal information you provide will be treated with the highest level of respect and discretion. Our therapeutic conversations and your personal data will only be used for the purpose of providing effective psychological treatment and services. I will not disclose your information to any third party without your explicit consent, except in cases where I am legally obligated to do so, such as instances involving imminent risk of harm to yourself or others.

If you have any questions or concerns about your privacy, the use of your data, or how I adhere to GDPR and ICO guidelines, please feel free to discuss them with me. Your trust in our therapeutic relationship is essential, and I am dedicated to upholding the highest ethical standards to safeguard your confidentiality and well-being.