

PRIVACY POLICY

I, Maria Alda Gomez Otero, collect, store and process personal information about you to enable me to run my counselling and psychotherapy practice. This information can include contact information, as well as information about your age, health (mental and physical) and other special category data. I am able to collect this information upon the legal basis of "Legitimate Interests", as per GDPR regulations.

Your information is stored anonymously, under lock and key and/or password protected. I may use this information to track the progress of our work together or to receive reflection and guidance from my supervisor. I will keep this information up to 6 years, at which point it will be deleted.

With regards to how this information is used, you have the right to have information about you deleted, have inaccuracies corrected, the right to access information about you - free of charge - within 1 month, the right not to receive any unsolicited marketing, the right to determine how information about you is processed and the right to complain if you are unhappy about any of the above by contacting the Information Commissioners Office here: <https://ico.org.uk/concerns/>, although I trust that you will try to discuss this with me in the first instance.

Should anything happen to me that prevents me from attending a session and from communicating with you directly - such as illness or death - then I have appointed a Therapeutic Executor who would be able to access your contact details to inform you should this situation arise.