

Privacy Policy

Nicola Giles Hypnotherapy, 6 Kingfisher Gate, Braintree, Essex CM7 9AF

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.

How long will you hold my information for?

I abide by the regulations of the National Council for Hypnotherapy which states *"You should keep written records 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 26yrs for 17-18 year old."*

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

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

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

In line with GDPR, yes, within 30 days.

What are your Reasons for collecting this information?

1. Continuity of care – to provide consistent and tailored treatment over time.
2. Progress tracking and adjustment of treatment plans.
3. Legal and ethical obligations – to adhere to ethical and legal guidelines regarding client care.
4. Communication with other professionals and healthcare providers – information could be shared only with the client's consent and in the best interest of the client.
5. Quality improvement – aggregated, anonymised data can contribute towards the enhancement of therapeutic practice for training purposes.

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

Written information is secured in a locked cabinet at my address. Online information is covered by digital privacy and protection.

Are our discussions within the hypnotherapy session confidential?

Yes, unless I need support from my supervisor or I believe that you are about to harm yourself or another.

What if I see you outside of a hypnotherapy session?

I will not initiate conversation or give a greeting or disclose our relationship. The client holds that privilege.

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

I am the Data Controller and my ICO registration number is: ZB886243