



JUST THIS!

Therapy, Mindfulness & Training

Just This Therapy - Privacy Policy & GDPR Statement

This Privacy Policy & GDPR statement, sets out how Just this! Therapy stores uses and protects your personal information, including perusing the website.

Information Collected via the website.

The website collects information in order to provide you with access to a safe, quality service. www.justthistherapy.org is hosted on the IONOS.com platform. IONOS.com provides us with an online platform that allows us to advertise services to you. For further information on how [IONOS.com](https://www.ionos.co.uk/help/data-protection/data-processing-of-website-visitors-of-your-11-ionos-product/data-collection-for-siteanalytics/) store data, please refer to their website. <https://www.ionos.co.uk/help/data-protection/data-processing-of-website-visitors-of-your-11-ionos-product/data-collection-for-siteanalytics/>

Data that might be collected outside of the website, via secure e-mail or phone.

- ~ Name
- ~ Address
- ~ Date of Birth
- ~ Contact information, e-mail address
- ~ GP contact
- ~ Bank details
- ~ Emergency contact
- ~ Relevant health conditions and or disabilities
- ~ Clinical notes (containing non-identifying information).

For further information about why this is necessary, please contact the data controller.

Secure e-mail: it is your responsibility to ensure you communicate with Just this! Therapy in a secure way. Privacy can be enhanced by sending, information via a secure e-mail such as protonmail.com — most common e-mails track data and are not fully encrypted. You can also password protect the e-mail, should you wish. Please note, e-mail counselling requires you to have a secure e-mail address.

Communication

If you opt into marketing from time to time we may contact you via e-mail for marketing purposes, or to make a connection via e-mail, phone or text in order that you may receive services.

Cookies & tracking tools.

Just this! Therapy does not use tracking tools to analyse your data, however such tools are enabled on all [IONOS.com](https://www.ionos.co.uk/help/data-protection/data-processing-of-website-visitors-of-your-11-ionos-product/data-collection-for-siteanalytics/) sites - but Just this! Therapy has not subscribed to their usage - this does not mean IONOS have disabled the usage - please see here - <https://www.ionos.co.uk/help/data-protection/data-processing-of-website-visitors-of-your-11-ionos-product/data-collection-for-siteanalytics/>

For further information regarding cookies, please see our cookie policy.

Youtube

Just this! Therapy have a Youtube channel - should you click through please be aware that Youtube uses analytics to monitor the following: IP addresses, device information, watched videos. Please consult Youtube for further information.

To opt out of google analytics across all sites on your browser:

<https://tools.google.com/dlpage/gaoptout>

Under 17

Please ensure you have parental consent prior to providing us with personal data, online or otherwise.

Security & Confidentiality

We are committed to ensuring that your personal data is secure. In order to prevent unauthorised access or disclosure, we have put in place suitable physical, electronic procedures to safeguard and secure the information we collect from you.

Confidentiality is of utmost importance and taken extremely seriously. All your personal information is respected and protected, however, there are a few exceptions to this; where you pose a significant harm to yourself or others or where there is a legal obligation to do so.

How long will your data be stored?

Information is stored for seven years and then securely destroyed.

Phone numbers and e-mails will be securely destroyed ~ three months after our contract has ended.

GDPR

GDPR is a law that came into effect to ensure citizens of the EU & UK have rights and control over their personal data.

Under GDPR you have the following rights:

- To access copies of any information held about you, through a data subject access request and for this to be responded to within 30 days.
- To have any inaccuracies rectified.
- To request personal data be deleted.
- To obtain and reuse personal data for your own purposes across different services.
- To opt out of data collection or to object to personal data collection.
- With consent & data access.
- If you have any concerns about how your data is handled, or if you would like to: access, correct, amend or delete any personal information held about you, or wish to withdraw consent to it being processed ~ you are invited to contact and make your request ~

We reserve the right to modify this policy at anytime, please do check back frequently to view any changes. If you would like to access, or amend any data held about you, please contact the data controller.

If you wish to make a complaint regarding how your information is process please contact N.Wright, in the first instance - if it isn't resolved you may contact the ICO.

Contact the Data Controller: N. Wright

E-mail - nicki@justthistherapy.org

Writing - Unit 103251, PO Box, Glasgow, G1 9WB

Revised and updated - 7th of July 2022