



Carol Rushmere Counselling Services

MBACP DIP Couns

Privacy Policy

Carol Rushmere Counselling Services is committed to ensuring your privacy is protected.

When you get in touch with me via email or through this and other websites I will use the information you provide to reply to the message. If you wish to remain in contact with me by using my services these details will be stored securely and I will contact you via your preferred contact method.

This Policy was last updated January 2021

What data I collect and what I do with that data:

- **Name - Used to address you when contacting you directly.**
- **Contact information such as email and address - used to contact you directly.**

You have the right to request a copy of the information I hold on you, you also have the right to request your information be removed and securely deleted, subject to areas of public policy specified in the GDPR, or to my own specific needs concerning legal obligations or claims.

If you have any questions regarding my privacy policy, would like a copy of the information I hold on you or would like to request your data to be removed please contact me at counselling@carolrushmere.co.uk

Should you decide to start Therapeutic Counselling with Carol Rushmere Counselling Services there will be additional data taken, what data is taken and how we use this is outlined in our GDPR and Data Protection statement. The GDPR (2018) forms part of the Data Protection Act (2018) and provides you with greater transparency over your personal data, such as data used to identify you. We abide by the terms of GDPR (2018) and have outlined how your personal data is used or stored.