

# Privacy Notice

## Who we are

This website is operated by Therapy with Philipp. You can contact me at:

 [contact@therapywithphilipp.co.uk](mailto:contact@therapywithphilipp.co.uk)

## The type of personal information we collect

We currently collect and process the following information:

- Personal identifiers, contacts and characteristics (for example, name and email address if you contact me through the website)
- Any information you choose to provide in your enquiry

## How we get the personal information and why we have it

Most of the personal information we process is provided directly by you for one of the following reasons:

- To respond to your enquiries
- To provide information about therapy services

We may also receive data automatically through cookies or analytics tools (see Cookie Policy).

We use the information that you have given us in order to respond to you and, where relevant, to provide services.

We do not share your information with any third parties for marketing.

## Website hosting

This website is hosted by Cloudflare via WebHealer. Like most website hosts, they may process technical data such as IP addresses and server logs for security and performance reasons.

## Lawful basis

Under the UK General Data Protection Regulation (UK GDPR), the lawful bases we rely on for processing this information are:

- Your consent (when you submit your details via the contact form). You are able to withdraw your consent at any time by contacting [contact@therapywithphilipp.co.uk](mailto:contact@therapywithphilipp.co.uk)
- Our legitimate interest (for the basic running and security of the website).

## How we store your personal information

Your information is securely stored.

We keep enquiry emails for no longer than 6 months. We will then delete your information.

## Your data protection rights

Under data protection law, you have rights including:

- Your right of access – You have the right to ask us for copies of your personal information.
- Your right to rectification – You have the right to ask us to correct information you think is inaccurate.
- Your right to erasure – You have the right to ask us to erase your personal information in certain circumstances.
- Your right to restriction of processing – You have the right to ask us to restrict processing in certain circumstances.
- Your right to object to processing – You have the right to object to processing in certain circumstances.
- Your right to data portability – You have the right to ask that we transfer the information you gave us to another organisation, or to you, in certain circumstances.

You are not required to pay any charge for exercising your rights. If you make a request, we have one month to respond to you.

Please contact me at [contact@therapywithphilipp.co.uk](mailto:contact@therapywithphilipp.co.uk) if you wish to make a request.

### **How to complain**

If you have any concerns about our use of your personal information, you can make a complaint to us at [contact@therapywithphilipp.co.uk](mailto:contact@therapywithphilipp.co.uk).

You can also complain to the ICO if you are unhappy with how we have used your data.

The ICO's address:

Information Commissioner's Office

Wycliffe House

Water Lane

Wilmslow

Cheshire

SK9 5AF

Helpline number: 0303 123 1113

ICO website: <https://www.ico.org.uk>

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## **Cookie Policy**

This website uses cookies. Cookies are small text files placed on your device to help the site provide a better user experience.

### **How we use cookies**

We use cookies for:

- Essential website functionality
- Performance and security
- Basic visitor statistics (through tools such as Google Analytics, where enabled)

**Managing cookies**

You can control and/or delete cookies as you wish. You can delete all cookies that are already on your device and set most browsers to prevent them from being placed.

However, if you do this, you may have to manually adjust some preferences every time you visit the site, and some services and functionalities may not work.

**Consent**

By continuing to use this site, you accept the use of cookies as described in this policy.