

GDPR Disclaimer

Your privacy is important to me. In line with the General Data Protection Regulation (GDPR), any personal information you provide—whether through contact forms, email, or during our sessions—is collected and stored securely. I will never share your information with third parties without your explicit consent, unless legally required to do so.

By using this website and submitting your information, you are consenting to the collection and use of your data as outlined in my Privacy Policy.

Privacy Policy

1. Who I Am

This website is operated by Leonie McCarthy offering one-to-one sessions, support groups, and personal development services. You can contact me at:

Email: therapy@leoniemccarthy.co.uk

Phone: 0795 679 7025

2. What Personal Data I Collect

I may collect the following information:

- Name, email address, and phone number (if you contact me or book a session)
- Information you provide during consultations or sessions
- Website usage data (e.g., through cookies or analytics tools)

3. How Your Data Is Used

Your data is used to:

- Respond to enquiries and manage bookings
- Provide therapy, coaching, or group services
- Send relevant updates (with your consent)
- Comply with legal or professional obligations

4. Lawful Basis for Processing

Your personal data is processed based on your consent, the performance of a contract (e.g., therapy or coaching agreement), or to meet legal requirements.

5. Data Storage and Security

All data is stored securely and accessed only by me. I use appropriate technical and organisational measures to keep your data safe.

6. Sharing of Data

I do not sell, share, or transfer your data to third parties except:

- When required by law
- With your written consent

- If referring you to another professional, with your agreement

7. Data Retention

I retain your personal data for as long as necessary to provide services and meet legal obligations, typically up to 7 years after our work ends (in line with professional standards).

8. Your Rights

Under GDPR, you have the right to:

- Access your data
- Correct inaccurate data
- Request deletion (in some cases)
- Object to or restrict processing
- Withdraw consent at any time
- Lodge a complaint with the Information Commissioner's Office (ICO)

9. Cookies

This website may use cookies to improve your browsing experience. You can disable cookies in your browser settings.

10. Changes to This Policy

This policy may be updated from time to time. Please check back periodically to stay informed.
