**Amber Healing Counselling – Privacy Notice**

At Amber Healing Counselling, I value your privacy. This notice explains how I handle your personal data in line with the General Data Protection Regulation (GDPR) and BACP ethical standards.

***What I Collect:***

- Name, contact details, emergency contacts.

- Health and counselling session notes.

- Payment details (if applicable).

***How I Use Your Data***

- To provide counselling services and manage appointments.

- To meet legal or professional obligations (e.g., safeguarding).

- I use your data with your consent or to fulfil my agreement with you.

***Data Sharing***

Your information is confidential, shared only:

- With your permission (e.g., with your GP).

- Anonymously in supervision to ensure quality care.

- If required by law (e.g., serious risk of harm).

- With secure, GDPR-compliant service providers (e.g., booking systems or online video platform, Doxy).

***Data Security***

Your data is stored securely (locked cabinets) and kept for 5 years after our last contact, then securely destroyed.

***Your Rights***

You can:

- Access, correct, or request deletion of your data.

- Restrict or object to data use.

- Withdraw consent or complain to the ICO ([www.ico.org.uk](http://www.ico.org.uk/)).

Contact Me

For questions or to exercise your rights, contact Gintare Klimaite at Gintare.klimaite@gmail.com

\*Full details available on request. Updated: October 2025\*