



GDPR Consent Form



1. Privacy Notice How will my data be stored?

In May 2018 the Data Protection Act was replaced by the General Data Protection Regulations (GDPR). The changes to the Data Protection Act are aimed at ensuring that your personal, confidential and sometimes sensitive data, is held privately and securely.

2. How long will you hold my information for?

The NCH (of which I am a student member) says "You should keep written records stored securely for 8 years after the last interaction with an adult client and up to the age of 25 for a child under 16 when last seen or 26yrs for 17-18 year old."

3. What if I would like my data to be destroyed before this date?

Due to the sensitive nature of what we do, my insurance company does not allow the deletion of data, before the minimum time for holding said data.

4. Am I able to see or get a copy of the information held by you?

In line with GDPR, yes, within 30 days.

5. What are your Reasons for collecting this information?

The information is entirely confidential and is only for me as your practitioner to access. The information will enable me to build a picture of the key issues relating to you in order that I can build a programme which will maximise the time we spend in our sessions together to ultimately benefit you and your overall well-being.



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6. How do I know that you will store my information securely?

Your notes will be kept securely at my home.

7. Are our discussions within the hypnotherapy sessions confidential?

Yes, unless I need support from my supervisor, or I believe that you are about to harm yourself or another.

8. What if I see you outside of a hypnotherapy session?

I will give you a friendly smile and greeting, as I would to anyone I meet, some that I know and some I don't, but I will not stop and converse with you unless you wish to and if so I may suggest that you give me a call to discuss further.

9. Will you discuss information about me with other health and social care professionals?

Only with your written consent.

10. Who is the Data Controller and what is their ICO registration number?

I will be the data controller, and my ICO registration number is C1591653.