

Maz Callaghan Psychotherapeutic Counselling

07359 069 678

www.therapeutic-minds.co.uk

hello@therapeutic-minds.co.uk

Scotland, United Kingdom
Online Service



Therapeutic Minds Privacy Policy

Trading Name: Therapeutic Minds Limited

What Personal Data do we collect and why?

Comments

When visitors leave comments on the site we collect the data shown in the comments form, and also the visitor's IP address and browser user agent string to help spam detection.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://automattic.com/privacy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

Media

If you upload images to the website, you should avoid uploading images with embedded location data (EXIF GPS) included. Visitors to the website can download and extract any location data from images on the website.

Contact forms

If you fill in a contact form, we will use your data for the processing which may include sending you a reply. We will, unless you say otherwise, add you to our mailing list which you can unsubscribe from at any time by choosing 'unsubscribe' from any of our emails.

Cookies

If you leave a comment on our site you may opt-in to saving your name, email address, and website in cookies. These are for your convenience so that you do not have to fill in your details again when you leave another comment. These cookies will last for one year.

If you visit our login page, we will set a temporary cookie to determine if your browser accepts cookies. This cookie contains no personal data and is discarded when you close your browser.

When you log in, we will also set up several cookies to save your login information and your screen display choices. Login cookies last for two days, and screen options cookies last for a year. If you select "Remember Me", your login will persist for two weeks. If you log out of your account, the login cookies will be removed.

If you edit or publish an article, an additional cookie will be saved in your browser. This cookie includes no personal data and simply indicates the post ID of the article you just edited. It expires after 1 day.

Maz Callaghan Psychotherapeutic Counselling

☎ 07359 069 678

🌐 www.therapeutic-minds.co.uk

✉ hello@therapeutic-minds.co.uk

📍 Scotland, United Kingdom
Online Service



Embedded content from other websites

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracking your interaction with the embedded content if you have an account and are logged in to that website.

Analytics

We use Google Analytics to measure website traffic. This is anonymised.

Who We Share Your Data With

We do not share your data with any other businesses or individuals.

How long do we retain your data?

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

For users that register on our website (if any), we also store the personal information they provide in their user profiles. All users can see, edit, or delete their personal information at any time (except they cannot change their username). Website administrators can also see and edit that information.

What rights do you have over your data?

If you have an account on this site or have left comments, you can request to receive an exported file of the personal data we hold about you, including any data you have provided to us. You can also request that we erase any personal data we hold about you. This does not include any data we are obliged to keep for administrative, legal, or security purposes.

Maz Callaghan Psychotherapeutic Counselling

☎ 07359 069 678
🌐 www.therapeutic-minds.co.uk
✉ hello@therapeutic-minds.co.uk
📍 Scotland, United Kingdom
Online Service



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 rectify personal information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.

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 the processing of your personal information in certain circumstances.

Your right to object to processing – You have the right to object to the processing of your personal information in certain circumstances.

Your right to data portability – You have the right to ask that we transfer the personal 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 us at the email address below 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 hello@therapeutic-minds.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>

Maz Callaghan Psychotherapeutic Counselling

☎ 07359 069 678
🌐 www.therapeutic-minds.co.uk
✉ hello@therapeutic-minds.co.uk
📍 Scotland, United Kingdom
Online Service

