

Privacy Policy for: [Therapy for the Future](#)

This privacy policy has been compiled to better serve those who are concerned with how their 'Personally Identifiable Information' (PII) is being used online. PII, is information that can be used on its own or with other information to identify, contact, or locate a single person, or to identify an individual in context. Please read my privacy policy carefully to get a clear understanding of how I collect, use, protect or otherwise handle your Personally Identifiable Information in accordance with my website.

1. What personal information do I collect from the people that visit my website and when?

When you submit an enquiry form on my website or email me directly, I will collect any information you choose to provide. Generally speaking your name, email and phone number.

My website is hosted by [wix.com](#) and as such non-identifiable and personal identifiable information may be collected, stored and processed on the Website owner's ([Therapy for the Future](#)) behalf. However Wix will only be the processor of data, the controller remains Gillian Jacobson of Therapy for the Future.

2. How do I use your information?

To follow up with you after you have submitted an enquiry or sent an email. Subsequently after further telephone contact, I will take a few notes to help me better understand the issue you have sought counselling for. This information and other notes I take as necessary in sessions, online or face to face, is stored in a secured lockable box and will be destroyed 1-3 years after you have stopped your counselling sessions with me.

All information on you is confidential and won't be shared with anyone, unless there has been a disclosure of serious risk of harm to yourself or others, or a potential terrorist threat.

3. How do I protect your information?

I do not use vulnerability scanning and/or scanning to PCI standards.

I only provide articles and information. I never ask for credit card numbers.

I do not use Malware Scanning.

Your personal information is contained behind secured networks and is only accessible by the website host WIX and the Website Owner Gillian Jacobson. Gillian Jacobson remains the controller of your data, see point 1. I am required to keep your information confidential. In addition, all sensitive/credit information you supply is encrypted via Secure Socket Layer (SSL) technology.

Wix has implemented a variety of security measures when a user enters and submits their information to maintain the safety of your personal information.

Do I use 'cookies'?

Yes, I use cookies. Cookies are small files that a site or its service provider transfers to your computer's hard drive through your Web browser (if you allow) that enables the site's or service provider's systems to recognise your browser and capture and remember certain infor-

mation. For instance, we use cookies to help us remember and process, for example the items in a shopping cart. They are also used to help us understand your preferences based on previous or current site activity, which enables us to provide you with improved services. We also use cookies to help us compile aggregate data about site traffic and site interaction so that we can offer better site experiences and tools in the future.

Cookies can be used to:

- Help remember and process the items in a shopping cart.
- Understand and save user's preferences for future visits.
- Keep track of advertisements.
- I / Wix may use it to compile aggregate data about site traffic and site interactions in order to offer better site experiences and tools in the future.
- I may also use trusted third-party services that track this information on our behalf.
- I use it as a security measure.

Cookie name	Life span	Purpose
svSession	Permanent	Creates activities and BI
hs	Session	Security
incap_ses_\${Proxy-ID}_\${Site-ID}	Session	Security
incap_visid_\${Proxy-ID}_\${Site-ID}	Session	Security
nlbi_{ID}	Persistent cookie	Security
XSRF-TOKEN	Persistent cookie	Security
smSession	Two weeks	Identify logged in site members

You can choose to have your computer warn you each time a cookie is being sent, or you can choose to turn off all cookies. You do this through your browser settings. Since browser is a little different, look at your browser's Help Menu to learn the correct way to modify your cookies.

If you turn cookies off, It won't affect the user's experience .

Third-party disclosure

We do not sell, trade, or otherwise transfer to outside parties your Personally Identifiable Information.

Third-party links

We do not include or offer third-party products or services on our website.

Google

Google's advertising requirements can be summed up by Google's Advertising Principles. They are put in place to provide a positive experience for users. <https://support.google.com/adwordspolicy/answer/1316548?hl=en>

I have not enabled Google AdSense on my site but I may do so in the future.
I use Google Analytics as part of their Search Engine Optimisation to target my website to relevant users and keep track of site statistics such as tracking how many visitors to my website.

Gmail is encrypted using Google's Transport Layer of Security (TLS) standard encryption.

Changes:

You will be notified of any Privacy Policy changes:

- On my Privacy Policy Page

You can change your personal information:

- By emailing me.

How does my site handle Do Not Track signals?

I honour Do Not Track signals and Do Not Track, plant cookies, or use advertising when a Do Not Track (DNT) browser mechanism is in place.

Does my site allow third-party behavioural tracking?

It's also important to note that I do not allow third-party behavioural tracking.

Data Breach:

I will take the following responsive action, should a data breach occur:

I will notify you via email within 7 business days

You have the right to contact the Information Commissioners Office <https://ico.org.uk> if you have any queries or complaints about how and why your data is being collected and processed, or any non-compliance issues.

If at any time you would like to unsubscribe from receiving future emails, you can email me at therapyforthefuture@protonmail.com and I will promptly remove you from ALL correspondence.

Contact

If there are any questions regarding this privacy policy, you may contact me using the information below.

therapyforthefuture@protonmail.com

45a Southfield Road, W4 1AG

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