

Jenni Moresco

Therapy

Privacy Notice

This privacy notice explains how I collect, store and use your personal information in line with UK General Data Protection Regulation (GDPR) and best practice in therapeutic work.

Who I Am

I am a registered therapist and the data controller for the personal information you share with me. My professional registration is with the National Counselling & Psychotherapy Society (NCPS)

What Information I Collect

To provide therapy safely and effectively, I collect:

- Your name, contact details, emergency contact
- GP details (with your consent)
- Brief personal history and relevant background
- Session notes (non-identifiable and minimal)
- Email or message correspondence where relevant to our work

Why I Collect It

I collect this information to:

- Provide you with a safe and ethical therapeutic service
- Contact you when needed (e.g. appointment changes)
- Fulfil legal and professional obligations
- Maintain appropriate records for supervision and self-reflection

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How Your Data Is Stored

- Notes and records are stored securely in a password-protected digital system.
- Any paper records are kept in a locked filing system.
- Only I have access to your data and I take all reasonable steps to keep it safe and confidential.

How Long I Keep Your Information

- I keep client records for up to 7 years after therapy ends, in line with professional guidelines.
- After this period, your data will be securely destroyed.

Sharing Your Information

Your information is kept confidential unless:

- I am legally required to share it (e.g. risk of serious harm, safeguarding, court order)
- You ask me to share it (e.g. with your GP, another professional)
- I need to discuss aspects of our work anonymously with my supervisor, as required by ethical guidelines

Your Rights

You have the right to:

- Access your personal data
- Request corrections to inaccurate data
- Withdraw your consent to processing (where applicable)
- Request that your data be deleted (unless I have a legal basis to retain it)
- Complain to the Information Commissioner's Office (ICO) if you believe your data has been mishandled



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Contact Details

If you have questions about how your data is handled, or you'd like to exercise any of your rights, you can contact me directly:

Phone: 07540552768

Email: contact@jennimorescotherapy.com

I am registered with the Information Commissioner's Office (ICO) and comply with UK data protection legislation. If you would like to verify my registration or request my ICO number, please get in touch.