

ANTHONY • THERAPY

let's work through it together

Privacy Notice

Last updated: 26/7/2027

Hello,

Your privacy is important to me. This document explains what personal information I collect, and how I use and store it if you choose to work with me. Please read it carefully, and feel free to get in touch if you have any questions.

Who I am

Name Anthony ioannidis
Email hello@anthonytherapy.com
Website <https://www.anthonytherapy.com>

I am registered with the Information Commissioner's Office (ICO) as a Data Controller.

Collecting and storing information

Before we begin working together, I will ask for your name, email address, telephone number, and GP details.

During our work together, I will keep appointment records (date, time and duration), invoices and payment records, and very brief factual session notes (a few sentences that help me remember our work together - they are not transcripts of our sessions or detailed clinical reports). If you contact me by email, I will also retain a copy of our emails.

I take appropriate measures to keep your information secure. This includes storing records in encrypted systems and using password-protected devices with up-to-date software and security protection.

While I take reasonable steps to ensure our sessions are secure, no internet-based communication can ever be guaranteed to be completely secure. I encourage you to use a secure internet connection and avoid using public WiFi.

My lawful basis for processing

I work in accordance with the UK General Data Protection Regulation (GDPR). My lawful basis for processing your personal information is "Legitimate Interests" (Article 6(1)(f)), in order to provide counselling and psychotherapy safely and effectively, maintain appropriate records, communicate with you, and manage my professional practice.

Some of the information I process may relate to your physical or mental health, which is classed as "special category" personal data. For this information, I rely on Article 9(2)(h), as processing is necessary for the purposes of the provision of mental health care.

I may also process data relying on Article 9(2)(f) ("defence of legal claims"), for example if responding to a complaint or legal proceedings; and Article 9(2)(c) ("protecting vital interests"), for example in an emergency situation where someone is at immediate risk.

Who I share your information with

I will only share information when absolutely necessary, for example:

- with my professional supervisor (anonymised)
- with your GP or another healthcare professional, if you have given permission
- where required by law
- where there are safeguarding concerns or a serious risk of harm

I also use carefully selected service providers to enable me to carry out my work effectively (for example: secure practice management software, email and video conferencing software). Where these providers process personal data on my behalf, appropriate agreements are in place to protect and maintain the levels of privacy and security described in this document.

Because I work with clients in different countries and use cloud-based technology, some information may be stored or processed outside the UK. Where this happens, I ensure appropriate safeguards, such as contractual clauses that adhere to the UK GDPR.

How long I keep your information

I store records securely only for as long as necessary to meet my professional, insurance and legal obligations. In most cases, this is for seven years after our final session. This retention period reflects the requirements of my professional indemnity insurance and my legal obligations towards HMRC.

At the end of the retention period, and provided there is no ongoing legal or insurance matter requiring continued retention, all your records will be permanently deleted.

Your rights

Under UK GDPR, you have a number of rights. These include the right to request access and in certain circumstances correction, deletion or restriction of processing of the personal information I hold about you.

Please note that some of these rights are subject to legal limitations. For example, there may be circumstances where I cannot delete records that I am legally required to retain.

If you would like to exercise any of your rights, please contact me directly.

Visits to my website

When someone visits my website, my web host collects standard internet log information (such as date, time, IP, web browser and device type) for analytics and security purposes. This information is processed in a way that does not identify anyone.

Like most websites, my website may use cookies to help the site work more efficiently. These are the absolute minimum necessary for the website operation and I do not track your visit, nor do I share with any third parties.

If you contact me through my website, I will use the information you provide only for responding to your enquiry or arranging therapy.

Making a complaint

If you have any questions or concerns about how I handle your personal information, I encourage you to contact me first so that I have the opportunity to put things right.

You also have the right to complain directly to the Information Commissioner's Office.

Changes to this Privacy Notice

I may update this document from time to time to reflect changes in the law, professional guidance or the way I work. The latest version will always be available on my website.

I look forward to our work together.

Anthony