

GDPR Statement

Amaris Raiana Therapy Last updated: 9 July 2026

Our Commitment to Your Privacy

At Amaris Raiana Therapy, I believe that protecting your personal information is an essential part of the trust that makes therapy work. From our very first contact, I treat everything you share with care and respect. This statement explains, in plain language, how I look after your information and what rights you have.

What Information I Collect

When you work with me, I may collect:

- Your name and contact details (phone number, email address, postal address).
- Information about why you're seeking therapy and what you'd like to explore.
- Notes from our sessions together.
- Relevant medical or health history that helps me support you.
- Payment information for invoicing purposes.

Why I Collect This Information

I need to collect and use your information to provide you with therapy. The legal basis for this is:

For general personal information: Article 6(1)(b) UK GDPR - processing is necessary for the performance of the therapeutic contract between us.

For sensitive health-related information: Article 9(2)(h) UK GDPR - processing is necessary for the provision of health or social care treatment by a health professional. The additional DPA 2018 Schedule 1 condition is Part 1, paragraph 2 (health or social care).

Professional Obligations

As a therapist registered with COSRT and BACP, I discuss my work in clinical supervision. This is an important part of maintaining the professional standards expected of counsellors and psychotherapists in private practice and ensures I'm providing you with the best possible support.

Your identity is always protected in supervision: I do not share your name or any identifying details with my supervisor. Anyone providing my clinical supervision uses anonymised case material only and is bound by their own professional confidentiality obligations.

Who Else May See Your Information

Beyond myself, the following people or services may have limited access to your information:

- **Clinical supervisor** - anonymised case material only; your name and identifying details are never shared.
- **External accountant or bookkeeper** - invoice data only, for accounting purposes.
- **Administrative help** - calendar and contact details only; they do not have access to clinical notes.
- **Wix** - this website is built on Wix, which sets its own essential cookies to operate and secure the site, and may collect certain technical data about visitors.
- **Psychology Today** - if we hold sessions online, this platform processes the data necessary for the video connection. Their platform meets US HIPAA compliance standards, and I additionally rely on UK GDPR international transfer safeguards where relevant.
- **Statutory authorities** - only where I am legally required to share information.

When I Might Need to Break Confidentiality

In very rare circumstances, I may need to share information without your consent. This would only happen if:

- There is a serious risk of harm to you or someone else.
- There are safeguarding concerns about a child or vulnerable adult.
- A court orders me to disclose information.

I will always try to discuss this with you first, unless doing so would increase the risk of harm.

How Long I Keep Your Records

I keep your records for 6 years after our last session together. This retention period reflects the legal minimum, based on the Limitation Act 1980 negligence-claim period. (Note: professional bodies such as BACP recommend a longer 7-year period as a safer margin; the longer period can be applied on request.)

Your records are stored as paper documents in a locked filing cabinet in a secure room, with access restricted to me. At the end of the retention period, paper records are securely destroyed.

Your Rights

You have several rights regarding your information:

- **See your records** - you can ask to see what information I hold about you.
- **Correct errors** - if anything is inaccurate, you can ask me to put it right.
- **Request deletion** - you can ask me to delete your information, though this right is not absolute; I may need to retain your records until the end of the 6-year retention period where required by professional guidelines, insurance, or legal obligations.
- **Restrict processing** - in certain circumstances, you can ask me to limit how I use your information.
- **Make a complaint** - if you're unhappy with how I've handled your information, you have the right to complain.

Making a Complaint

Under the Data (Use and Access) Act 2025, you have the right to raise any concerns about how I handle your information.

You can contact me directly at amaris@amarisraianatherapy.com or visit my compliance page at <https://amarisraiana.com>

If you remain dissatisfied, you can complain to the Information Commissioner's Office:

- **Website:** ico.org.uk
- **Telephone:** 0303 123 1113