

## integro Counselling GDPR Statement

Under the General Data Protection Regulations 2018, you have certain rights. These are:

- You are allowed to see your notes. This is facilitated by making a formal request.
- Records are kept for 5 years after termination of therapy and then destroyed. Please see our privacy statement on our website at [www.integrocounselling.co.uk](http://www.integrocounselling.co.uk) for further information about how we protect your data.
- You can ask to have your records amended (change of name and address)
- Under GDPR, you can request your data be erased. However, there are exceptions to this.
  - In the case of counselling records, insurance companies and ethical bodies ask for records to be available for the period of time as outlined above.

By signing this document, you are agreeing to having your records kept for 5 years after the termination of therapy.

I agree to the above

Signed.....

Print name.....

Date.....