



# 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 7 years after termination of therapy and then destroyed.
- Having your records amended (change of name and address).
- In the case of clients under 18, records are kept for 7 years after the child turns 18.
- Under GDPR, you can request your data to 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 7 years after the termination of therapy. In the case of young people, 7 years after their 18th birthday.

I agree to the above.

Signed: \_\_\_\_\_

Print name: \_\_\_\_\_

Date: \_\_\_\_\_