



At Tara Leigh Psychotherapy & Counselling I am committed to protecting your privacy and ensuring the security of your personal information. This Privacy Policy outlines how I collect, use, and safeguard your data when you visit my website or engage with my services.

1. Information We Collect:

Personal Information: When you visit my website or engage with my services, I may collect personal information such as your name, email address, phone number, and any other information you voluntarily provide.

Usage Information: I may also collect non-personal information about your interactions with our website, such as your IP address, browser type, and pages visited, to improve my websites services and user experience.

2. How We Use Your Information:

Personalisation: I use the information collected to personalise your experience and provide you with tailored services and content.

Communication: I may use your contact information to communicate with you about appointments, services, updates, and promotions related to my practice.

Analytics: I may analyse usage data to improve our website, services, and marketing efforts.

Legal Compliance: I may use your information to comply with legal obligations or enforce policies.

3. Data Security:

I implement appropriate technical and organisational measures to protect your personal information against unauthorised access, disclosure, alteration, or destruction.

All data transmission between your device and my website is encrypted using secure technology.

4. Data Sharing:

I do not sell, trade, or rent your personal information to third parties.

I may share your information with trusted third-party service providers who assist me in operating my website or providing services to you, provided they agree to maintain the confidentiality and security of your information.

5. Your Rights:

You have the right to access, update, or delete your personal information at any time. Please contact me if you would like to exercise these rights.

6. Children's Privacy:

My services are not intended for individuals under the age of 18. I do not knowingly collect personal information from children. If you believe that I have inadvertently collected information from a child, please contact me immediately.

7. Changes to This Policy:

I reserve the right to update or modify this Privacy Policy at any time. Any changes will be effective immediately upon posting on my website. I encourage you to review this Privacy Policy periodically for updates.

8. Contact Us:

If you have any questions or concerns about this Privacy Policy or my data practices, please contact me at tara.leighpsychotherapy@outlook.com

By using our website or engaging with our services, you consent to the collection and use of your information as described in this Privacy Policy.