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Privacy Policy

What is this Privacy Policy for?

This privacy policy is for this website and served by The One Stop Psychotherapy Shop and governs the privacy of its users who choose to use it. The policy sets out the different areas where user privacy is concerned and outlines the obligations & requirements of the users, the website and website owners. Furthermore the way this website processes, stores and protects user data and information will also be detailed within this policy.

The Website

This website and its owners take a proactive approach to user privacy and ensure the necessary steps are taken to protect the privacy of its users throughout their visiting experience. This website comply's to all UK national laws and requirements for user privacy.

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This website uses cookies to better the users experience while visiting the website. Where applicable this website uses a cookie control system allowing the user on their first visit to the website to allow or disallow the use of cookies on their computer / device. This complies with recent legislation requirements for websites to obtain explicit consent from users before leaving behind or reading files such as cookies on a user's computer / device. Cookies are small files saved to the user's computers hard drive that track, save and store information about the user's interactions and usage of the website. This allows the website, through its server to provide the users with a tailored experience within this website.

Users are advised that if they wish to deny the use and saving of cookies from this website on to their computers hard drive they should take necessary steps within their web browsers security settings to block all cookies from this website and its external serving vendors.

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Contact & Communication

Users contacting this website and/or its owners do so at their own discretion and provide any such personal details requested at their own risk. Your personal information is kept private and stored securely until a time it is no longer required or has no use, as detailed in the Data Protection Act 1998. Every effort has been made to ensure a safe and secure form to email submission process but advise users using such form to email processes that they do so at their own risk.

This website and its owners use any information submitted to provide you with further information about the products / services they offer or to assist you in answering any questions or queries you may have submitted. This includes using your details to subscribe you to any email newsletter program the website operates but only if this was made clear to you and your express permission was granted when submitting any form to email process. Or whereby you the consumer have previously purchased from or enquired about purchasing from the company a product or service that the email newsletter relates to. This is by no means an entire list of your user rights in regard to receiving email marketing material. Your details are not passed on to any third parties.

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In compliance with UK Spam Laws and the Privacy and Electronic Communications Regulations 2003 subscribers are given the opportunity to un-subscribe at any time through an automated system. This process is detailed at the footer of each email campaign. If an automated un-subscription system is unavailable clear instructions on how to un-subscribe will be detailed instead.

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This website may contain sponsored links and adverts. These will typically be served through our advertising partners, to whom may have detailed privacy policies relating directly to the adverts they serve. Clicking on any such adverts will send you to the advertisers website through a referral program which may use cookies and will track the number of referrals sent from this website. This may include the use of cookies which may in turn be saved on your computers hard drive. Users should therefore note they click on sponsored external links at their own risk and this website and its owners cannot be held liable for any damages or implications caused by visiting any external links mentioned.

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Communication, engagement and actions taken through external social media platforms that this website and its owners participate on are custom to the terms and conditions as well as the privacy policies held with each social media platform respectively. Users are advised to use social media platforms wisely and communicate / engage upon them with due care and caution in regard to their own privacy and personal details. This website nor its owners will ever ask for personal or sensitive information through social media platforms and encourage users wishing to discuss sensitive details to contact them through primary communication channels such as by telephone or email. This website may use social sharing buttons which help share web content directly from web pages to the social media platform in question. Users are advised before using such social sharing buttons that they do so at their own discretion and note that the social media platform may track and save your request to share a web page respectively through your social media platform account.

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Search for a therapist here



Search for a therapist based on a keyword

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Therapist

Search

What is therapy and counselling?

Therapy offers you a safe, confidential place to talk about your life and anything that may be confusing, painful or uncomfortable. It allows you to talk with someone who is trained to listen attentively and to help you improve things.

How will therapy make me feel?

Therapy is a very personal process. Sometimes it is necessary to talk about painful feelings or difficult decisions, so you may go through a period of feeling worse than when you started. However, therapy should enable you to feel better in the long-run.

If you do experience a period of feeling worse, talk to your therapist about it to ensure you get the best out of your therapy.

Speak to a therapist now

In the news

28 Feb 2020

Depressions Dangerous Secret

Depressions Dangerous Secret

A new study which is the first of its kind has been published this week, which looked at the state of Mental Health among airline pilots, the study was carried out by Harvard's Public Health School after Andreas Lubitz steering of the Germanwings flight into the French Alps.

The results of the study found that one in seven pilots suffer depression, with pilots aged in their forties being at most risk the reality of this means that a worrying 14% of pilots reach the threshold of for clinical depression

15 Dec

From the blog

28 Feb 2020

The Law of Attraction - in Easy Terms

08 Nov

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However, therapy should enable you to feel better in the long-run.

What can counselling help with?

Talking therapies, such as counselling, can be used to treat many different health conditions including:

- depression
- anxiety
- borderline personality disorder (BPD)
- obsessive compulsive disorder (OCD)
- post-traumatic stress disorder (PTSD)
- long-term illnesses
- eating disorders, such as anorexia nervosa and bulimia
- drug misuse

Face to face Counselling

When life gives you issues, the pain, loss, uncertainty may feel too much to face alone.

On line face to face therapy and counselling via web cam is a great way to give you control of choosing the time and counsellor to suite your needs. You can see who you are talking to and read about your counsellor or therapist in advance, this will help you decide who you want to talk to and give you the freedom to be in control of your time, budget, and ultimately the choice in choosing the counsellor who will help you.