



Privacy Policy

Contact Details

Name: Paula Ciocirlau

Practice: Online Psychotherapy

Website: www.paulaciocirlaupsychotherapy.com

Email: online@paulaciocirlaupsychotherapy.com

What Information I Collect

When you begin therapy with me, I collect and securely store information you provide, such as:

- Contact details (name, email, phone number)
- Emergency contact details (e.g., GP, close family member, or partner, used only if I am concerned about serious harm to you or others)
- Therapy notes (kept as a professional record)

Why I Collect This Information

I use your personal data to provide psychotherapy in line with professional, legal, and ethical requirements.

- I may discuss aspects of our work in clinical supervision, to abide by the BACP ethical framework, but your identity will not be disclosed.
- Notes are kept for up to seven years after your final session (as required for professional and legal purposes). After this, they are securely destroyed.
- I will only break confidentiality if:
 - There is a serious risk of harm to you or others. Where possible, I will seek your consent, but in situations of immediate risk I may legally act without it.
 - I am legally required (e.g., terrorism, money laundering, or serious crime).

Your Rights

Under GDPR you have the right to:

- Access a copy of your records
- Request corrections to factual details (therapy notes themselves cannot be changed)
- Remove your consent at any time, by ending therapy
- Request deletion of your data once the retention period has expired

You are not required to pay for exercising these rights. I will respond within one month of receiving your request.

How Your Data Is Stored

All client data is securely stored and password protected. Emails are deleted once no longer necessary.

Further Information

This privacy notice is a summary. More detailed information can be found in my Therapy Contract, which is provided before we begin working together.

Supervisory Authority

If you have any concerns about how I handle your personal information, please contact me directly first at: **online@paulaciocirilaupsychotherapy.com**.

If you remain unsatisfied, you have the right to complain to the Swedish Data Protection Authority (Integritetsskyddsmyndigheten, IMY):

- Website: www.imy.se
- Email: imy@imy.se
- Phone: +46 8 657 61 00