

Privacy Policy for RECODE CBT

Effective Date: 1st July 2025

At RECODE CBT, we are committed to protecting your privacy and maintaining your trust. This Privacy Policy outlines how we collect, use, and protect your information in accordance with the UK General Data Protection Regulation (UK GDPR).

RECODE CBT provides psychoeducational and mental wellness services based on a modern therapy model inspired by Cognitive Behavioural Therapy (CBT), incorporating neuroscience, mindfulness, and behavioural psychology. Our services are designed for personal development and emotional wellbeing, not as a replacement for psychiatric care or formal medical treatment.

1. Who We Are

RECODE CBT is a private practice offering remote, structured psychoeducational support and coaching. Our mission is to help individuals understand and redesign their thought patterns and emotional responses through evidence-informed tools and techniques.

2. What Information We Collect

To deliver our services effectively, we may collect the following information:

- Contact Information: Name, email address, phone number (if provided).
- Session Information: Notes on progress, exercises completed, topics discussed.
- Booking Details: Appointment times, cancellations, and session attendance.
- Technical Information: Device type or browser (only as necessary for platform access).

We do not collect sensitive clinical health data for diagnostic or medical purposes.

3. How We Use Your Information

Your information is used to:

- Provide tailored psychoeducational guidance and session follow-up.
- Manage bookings, rescheduling, and service delivery.
- Communicate with you via secure email or booking systems.

All data is processed with respect to your privacy, and only as needed to deliver high-quality wellness support.

4. Confidentiality and Information Sharing

Confidentiality is a cornerstone of RECODE CBT.

- No clinical or session content is ever shared with third parties.
- We do not sell or disclose any personal data for marketing or external purposes.
- Information may only be disclosed where legally required (e.g., immediate risk of serious harm).

You have full control over your information, and we will never share details with other healthcare providers, insurers, or agencies without your explicit consent.

5. Data Storage and Security

All information is securely stored using encrypted systems compliant with UK GDPR and NHS-grade standards for digital security.

Session notes are minimal and focused solely on wellness goals and practices. Access to this information is strictly limited to the RECODE practitioner.

6. Your Rights

Under UK GDPR, you have the right to:

- Request access to your data
- Ask for corrections to inaccurate information
- Request deletion of your information, where legally permissible
- Object to or restrict certain forms of data processing

To make a request, please contact us directly at ReCodeCBT@gmail.com.

7. Data Retention

Your data is retained only as long as necessary to fulfil service delivery or as required by applicable UK legal or professional standards. Typically, this does not exceed seven years.

8. Contact

If you have any questions about this Privacy Policy or your data, please reach out to:

RECODE CBT

Email: ReCodeCBT@gmail.com

Website: www.recodecbt.com