**Data Controller:** Fariha Hassan

At **Nurtured Soul Therapy**, I truly value your privacy and the trust you place in me when you seek support.

Any personal information you share with me is held in strict confidence and used only to support your therapeutic journey. I collect and store only the information that is necessary for providing a safe and professional counselling service.

**What Information I May Hold:**

* Your name and contact details (phone number, email, address)
* Brief notes from sessions
* Information you choose to share about your wellbeing or personal history
* Appointment and payment records (where applicable)

All information is stored securely, in line with UK data protection laws (UK GDPR & the Data Protection Act 2018), and is never shared without your consent unless there is a legal or safeguarding obligation.

As a member of the **British Association for Counselling and Psychotherapy (BACP)**, I work under their **Ethical Framework**. This includes regular supervision with a qualified clinical supervisor, where I may discuss aspects of our work. This is done respectfully and anonymously to support safe, ethical practice.

You have the right to:

* Ask what information I hold about you
* Request corrections or updates
* Ask for your data to be deleted (unless I'm legally required to keep it)

If you ever have questions or concerns about your privacy, please feel free to ask. Your dignity, trust, and wellbeing are at the heart of all I do.