

Privacy Policy

Last Updated: 26 June, 2026

1. Introduction

This Privacy Policy outlines how Hypnotherapy4change (Craig Hughes) collects, uses and protects your personal information when you use our services and visit our website at www.hypnotherapy4change.co.uk.

We are committed to safeguarding your privacy in compliance with UK data protection laws including the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.

2. Information We Collect

We may collect and process the following types of personal data:

- Name, email address, phone number and postal address
- Health information relevant to your hypnotherapy sessions
- Payment and transaction details (processed securely via Stripe)
- Website usage data (e.g. cookies, IP address, browser type)

3. How We Use Your Information

Your information is used for the following purposes:

- To provide and manage your hypnotherapy sessions
- To process payments and manage bookings
- To comply with legal or regulatory obligations
- To communicate with you regarding your sessions or related services

4. Lawful Basis for Processing

We rely on the following lawful bases for processing your data:

- Consent: for sending you marketing communications (if applicable)
- Contract: to provide our services and manage your sessions
- Legal Obligation: to comply with UK law
- Legitimate Interests: for maintaining accurate records and improving our services

5. Data Storage and Security

Your personal information is stored securely. We implement appropriate physical, electronic and managerial procedures to safeguard and secure the information we collect.

Health-related data is handled with strict confidentiality and only used for providing appropriate therapeutic support.

6. Sharing of Data

We do not sell or rent your personal data. We only share your data with third parties where required by law or where necessary for providing services (e.g. Stripe for

payment processing).

All third-party providers are required to handle your data in compliance with data protection laws.

7. Your Rights

You have the right to:

- Access the personal data we hold about you
- Request correction of incorrect or incomplete data
- Request deletion of your data (subject to legal exceptions)
- Withdraw consent where processing is based on consent
- Lodge a complaint with the Information Commissioner's Office (ICO)

8. Retention of Data

We retain your personal data only for as long as necessary to fulfil the purposes we collected it for, including legal, accounting or reporting requirements.

Session notes are retained for a minimum of 7 years in accordance with professional standards.

9. Cookies

Our website may use cookies to enhance your browsing experience. You can control or disable cookies via your browser settings.

For more information, please see our Cookies Policy.

10. Contact Information

If you have any questions or concerns about this Privacy Policy or your personal data, please contact:

Craig Hughes

Email: hypnotherapy4change@outlook.co.uk

Phone: 07419981888

Website: www.hypnotherapy4change.co.uk