

Confidentiality Policy

Commitment to Confidentiality

Confidentiality is fundamental to the counselling relationship. We are committed to protecting your privacy and following the ethical requirements of BACP and NCPS.

What's Confidential

- Everything discussed in session
- Session notes (brief, factual)
- Your identity and personal data

When Confidentiality May Be Broken

Without your consent, confidentiality may be broken only if:

- There is serious risk of harm to you or others
- There is disclosure of child abuse or vulnerable adult harm
- Disclosure is required under the Terrorism Act 2000
- A legal court order compels it

Your counsellor will aim to inform you before breaching confidentiality unless doing so puts anyone at further risk.

Clinical Supervision

All counsellors attend regular supervision. Sessions are discussed without using identifying information, and confidentiality remains protected.

