

Privacy Policy

Life After Trauma Therapy Ltd

Last updated: February 2026

Life After Trauma Therapy Ltd ("we", "us", "our") is committed to protecting and respecting your privacy. This Privacy Policy explains how we collect, use, store, and protect your personal information when you use our website, courses, workshops, and services.

1. Who we are

Life After Trauma Therapy Ltd
Station Business Centre
2 Station Road
Clowne
S43 4RW
United Kingdom

Website: www.lifeaftertraumatherapy.com

For data protection purposes, Life After Trauma Therapy Ltd is the data controller responsible for your personal data.

2. What personal data we collect

We collect different types of personal data depending on how you interact with us. This may include:

- Name and contact details
- Email address
- Payment information (processed securely by third party providers; we do not store card details)
- Information you voluntarily provide when contacting us
- Technical data such as IP address, browser type, and device information (via cookies and analytics)

3. Additional information for therapy, coaching, courses, and workshops

If you engage with us as a therapy client, coaching client, or participant in live workshops, courses, or programmes, we may collect and process additional personal data relevant to the service being provided. This may include information relating to your wellbeing, personal circumstances, or safeguarding needs.

Such information is treated as confidential and processed lawfully for the purpose of providing safe, appropriate, and ethical services, and for meeting our professional, regulatory, and safeguarding obligations.

4. How we collect your data

We collect personal data when you:

- Complete contact or enquiry forms
- Sign up for emails, resources, or newsletters
- Purchase or access courses, workshops, or digital products
- Engage in therapy, coaching, or live services
- Browse our website (through cookies and analytics tools)

5. How we use your data

We use personal data to:

- Respond to enquiries and provide information
- Deliver purchased products, courses, or services
- Communicate with you where you have opted in
- Maintain appropriate client records where services are provided
- Meet legal, regulatory, safeguarding, and accounting obligations
- Improve our website and services

We will never sell your personal data to third parties.

6. Legal basis for processing

We process personal data under the lawful bases set out in UK GDPR, including:

- Consent
- Contractual necessity
- Legal obligation
- Legitimate interests
- Provision of health or therapeutic services and safeguarding (where applicable)

7. Data storage, security, and retention

Personal data is stored securely and accessed only where necessary. We retain data only for as long as is required for the purpose it was collected, in line with legal, professional, and regulatory requirements.

General enquiries and marketing data are retained for limited periods. Records relating to therapy, coaching, courses, or workshops are retained in accordance with professional standards. In certain circumstances, including safeguarding concerns or legal obligations, some information may be retained for an extended period or indefinitely where there is a lawful and justifiable reason to do so.

8. Third-party services

We use trusted third-party service providers such as payment processors, email marketing platforms, course hosting platforms, and website analytics providers. These providers process data on our behalf and are required to comply with data protection law.

9. Your data protection rights

You have rights under UK GDPR, including the right to access, correct, or request deletion of your personal data, to restrict or object to processing, and to withdraw consent where applicable. Some rights may be limited where we are required to retain information for legal or safeguarding reasons.

You also have the right to lodge a complaint with the Information Commissioner's Office (ICO).

10. Cookies

Our website uses cookies to improve functionality and understand how visitors use our site. Further details are provided in our Cookie Policy.

11. External links

Our website may contain links to third-party websites. We are not responsible for the privacy practices or content of external sites.

12. Changes to this policy

We may update this Privacy Policy from time to time. The most recent version will always be available on our website.

13. Contact

If you have any questions about this Privacy Policy or how your personal data is handled, please contact us via www.lifeaftertraumatherapy.com.