

Confidentiality and Its Limits

Life After Trauma Therapy Ltd

Confidentiality is an important part of the work offered by Life After Trauma Therapy Ltd. This statement explains how confidentiality is respected and the situations where information may need to be shared.

What Confidentiality Means

Information shared during counselling, coaching, courses, or group work is treated with respect and kept confidential. This includes personal details, experiences, and any information disclosed during sessions or participation.

Why Confidentiality Matters

Confidentiality helps create a safe and trusting environment. It allows individuals to speak openly and honestly, knowing their privacy is taken seriously.

Limits of Confidentiality

Confidentiality is not absolute. There are situations where information may need to be shared without consent. These situations arise when there are serious concerns about safety or legal responsibilities apply.

Information May Be Shared If:

- There is a risk of serious harm to you or to another person
- A child or vulnerable adult is at risk of abuse or neglect
- There is a disclosure of serious criminal activity, including but not limited to human trafficking, modern slavery, terrorism, radicalisation, sexual exploitation, or serious violence
- A legal obligation requires information to be disclosed

Safeguarding and Serious Crime

If safeguarding concerns or disclosures of serious crime arise, Life After Trauma Therapy Ltd may seek safeguarding advice or share relevant information with appropriate authorities such as safeguarding services or the police. Any information shared will be proportionate, relevant, and recorded securely.

Being Informed

Wherever possible, you will be informed if information needs to be shared. This may not be possible if doing so would increase risk or compromise safety.

Record Keeping

Any safeguarding-related records are kept factual, secure, and in line with data protection legislation.

Questions or Concerns

If you have questions about confidentiality or how information is handled, you are encouraged to raise them before or during engagement with services.

Life After Trauma Therapy Ltd

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