

Your care and wellbeing are our top priority, and all your information is treated with the strictest confidence.

Our confidentiality policy follows the Code of Ethics and Principles of Good Practice of the College of Sex and Relationship Therapists (COSRT).

During the course of your psychosexual therapy, a brief summary from each of your sessions is documented on your electronic file. These notes are used solely by the therapist only.

Your therapist will not disclose any information about you to others, except in the following circumstances:

- If your therapist has any concerns that you, or someone else, will come to significant harm. For example, if you are about to harm yourself or another (including physical and sexual attack or abuse). In such cases, we would always do our best to talk to you first about why we feel it is necessary to discuss your situation with other professionals.
- If we are required by law or served a court order, for example in cases such as child protection or terrorism.
- If breaking confidentiality is in the public interest, for example, in the case of COVID19 contact tracing.
- If you need a referral to another service or specialist, your therapist will discuss the options with you. If the reason for your referral needs further clarification, your case may require discussion with other health professionals involved in your care. If your therapist is required to write letters that concern you and your case, they will share only the most essential information. You will be routinely offered a copy of these letters, so please be sure to inform our team of any changes to your address, phone number or GP during your therapy with us.

- All records are kept following JKL Therapy guidelines before being appropriately archived, deleted, or anonymised.
- Sometimes material from your sessions may be used in case studies for teaching or auditing purposes. In such cases, the data would be unidentifiable, and your confidentiality would be protected at all times.
- It is common practice for therapists to attend regular clinical supervision sessions with other practitioners, all of whom are bound by the same code of ethics and strict confidentiality. When a case is discussed in this situation, the patient is referenced only by their first name to maintain anonymity.