

PRIVACY POLICY

Psychotherapy Practice

Last updated: 17.06.2025

1. Data Controller

The controller of your personal data is:

Justyna Wawszkow / Find Your Light Counselling

Based in: North Vancouver, BC, Canada

Contact: justyna@findyourlight.today

2. What Data We Collect

We collect and process the following personal information:

- Full name
- Date of birth
- Contact details (email, phone number)
- Information about your mental health
- History of past treatments
- Any information you voluntarily provide during consultations

3. Purpose of Data Processing

Your personal data is processed solely for the following purposes:

- To provide psychotherapy services
- To maintain therapeutic records
- To communicate regarding scheduling or appointment changes
- To fulfill professional and legal obligations

4. Legal Basis for Processing

Your data is processed based on:

- **GDPR (EU)** – Art. 6(1)(a), (b), (c) and Art. 9(2)(a), (h)
(consent, performance of a contract, professional/legal obligations)
- **PIPA (British Columbia, Canada)** – Collection and storage of data based on your informed consent and for the purpose of delivering psychotherapy services

5. Data Retention

Your personal data will be retained only as long as necessary for the purpose of therapy and then stored in accordance with legal requirements—typically for **five (5) years** after therapy has ended.

6. Data Sharing

Your data will **not** be shared with third parties unless:

- Required by law
 - There is a serious risk to life, health, or safety
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7. Your Rights

You have the right to:

- Access your personal data
- Correct any inaccurate or outdated information
- Withdraw your consent
- Request restriction or deletion of your data (within legal limits)
- File a complaint with a privacy authority

Supervisory authorities:

- *Poland*: President of the Personal Data Protection Office (PUODO)
 - *Canada*: Office of the Information and Privacy Commissioner for BC – <https://www.oipc.bc.ca>
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8. Consent

By filling out the intake form and using the services of this practice, you consent to the processing of your personal data in accordance with this Privacy Policy.

9. Contact

If you have any questions about this Privacy Policy or how your data is handled, please contact:
justyna@findyourlight.today