

Way Ahead Therapy Privacy Policy

At Way Ahead Therapy, your privacy is important to us. This Privacy Policy outlines how we collect, use, and protect your personal information in accordance with the General Data Protection Regulation (GDPR) and Irish data protection law.

1. Who We Are

Way Ahead Therapy Ltd

Website: www.wayaheadtherapy.ie

Email: info@wayaheadtherapy.ie

Telephone: 0851858420

Data Controller: Way Ahead Therapy Ltd

2. What Personal Data We Collect

We may collect the following personal data when you use our website, services, or contact us:

- Name and contact details (eg email, phone number, address)
- Demographic details
- Information you provide via enquiry forms or email
- Health-related information (if you choose to disclose this in the process of procuring or during therapy sessions)
- IP address and browser/device data via cookies (see Cookie Policy)

3. Legal Bases for Processing

We process your personal data on one or more of the following legal bases:

- Consent e.g., when you subscribe to our newsletter or share information via a form
- Contract, to deliver therapy services you've requested
- Legal Obligation, where required to comply with laws
- Legitimate Interests, to improve our website or communicate relevant updates

We will always seek explicit consent before processing special category data, such as information related to your mental health.

4. How We Use Your Data

We may use your data to:

- Respond to enquiries or appointment requests
- Provide therapy or related services
- Maintain records as required by Irish law
- Send newsletters or updates (if you've opted in)
- Analyse website traffic to improve our site

5. Sharing Your Data

We do not sell or share your personal data for commercial purposes.

We may share limited data with trusted third-party providers who help operate the site or services (e.g. Mailchimp, Google Analytics), under data processing agreements.

6. Data Retention

- Enquiries or emails: retained for up to 12 months unless required longer
- Therapy records: retained for 8 years
- Newsletter sign-ups: retained until you unsubscribe

7. Your Data Protection Rights

Under GDPR, you have the right to:

- Access your data
- Rectify inaccurate data
- Request erasure (“right to be forgotten”)
- Restrict or object to processing
- Withdraw consent at any time
- Lodge a complaint with the Data Protection Commission at www.dataprotection.ie

To exercise these rights, please contact Jen Trzeciak at: info@wayaheadtherapy.ie

8. Data Transfers

If data is transferred outside the European Economic Area (EEA), we ensure appropriate safeguards (such as Standard Contractual Clauses).

9. Privacy Policies of Other Websites

Our website, www.WayAheadTherapy.ie, may contain links to external websites. Please note that this Privacy Policy applies solely to our own website. If you follow a link to another site, we encourage you to review the privacy policy of that site before providing any personal information.

10. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. We recommend checking this page regularly to stay informed of any changes. By continuing to use this website after any updates are made, you accept the terms of the revised policy. If you do not agree with any part of the updated policy, please refrain from using the website or submitting personal information.

11. Contact Us

If you have questions about this policy or your data, [contact us here](#)

Last reviewed: July 30, 2025