



Psychodynamic Interpersonal Therapy

PIT - UK

PRIVACY POLICY

1. Who we are

PIT-UK is a private company limited by guarantee

Company registration 14770144

Registered address.

**71-75 Shelton Street
Covent Garden
London
WC2H 9JQ
UNITED KINGDOM**

We aim to understand and help to relieve psychological distress in individuals and society by promoting the practice of, and the provision of facilities for, Psychodynamic Interpersonal Therapy [PIT] also known as “A Conversational Model of Psychotherapy” (CAT).

PIT is a type of psychological treatment that has been shown to help people with a range of different problems, such as depression, self-harm, relationship difficulties, personality disturbance and functional (or so-called “medically unexplained”) symptoms. Many people still refer to PIT by its original name – the “conversational model” – because the therapy takes the form of an in-depth conversation between two people (client and therapist), in which the client’s difficulties are explored and hopefully resolved. PIT places particular emphasis on being an accessible, almost entirely jargon-free form of psychological treatment.

We are structured as a Company with proceeds used for social benefit.

2. What we do

We train qualified mental health professionals in PIT to provide stand-alone PIT therapy within their working practice.

We introduce PIT to a wider range of health professionals to give them the basic understanding and skills that underpin the approach, and we provide workshops and seminars.

We provide Continuing Professional Development in PIT through regular seminars and training events.

We develop alternative methods of training in psychotherapy through video films, role play techniques, analysis of transcripts.

We promote research into PIT and related models of psychotherapy, and disseminate research findings in readily accessible ways. We promote theoretical developments in PIT and support integration with related psychological therapy approaches.

We promote the availability of effective therapies through public engagement (such as meetings, dissemination of material relevant to PPIT, websites and social media)

We collaborate with other organisations and service users to support improved awareness and provision of effective psychotherapy.

3. Our commitment

We are committed to protecting and respecting your privacy. People who work with us to provide our services share these values and are individually responsible for complying with data protection legislation. We do not share your personal data with external organisations unless this is essential to the legitimate operation of our business. This notice provides an overview of how we comply with data protection legislation and the basis on which any personal data we collect from you, or that you provide to us, will be processed.

4. How we obtain personal data

What is personal data?

“Personal data’ means identifiable information about you, such as your name, email, address, telephone number, bank account details, payment information, support queries, website comments and so on. If you cannot be identified (for example, when information about you has been aggregated and anonymised) then this definition does not apply, but we seek to use all such aggregated information in pursuit of our aims.

When you use the PIT-UK website, we may collect personal information about you when you request a specific service and every time you email us your details. You may provide us with your personal details when you

- register for a course, a conference or a training event
- purchase or use a license to stream training videos
- contact us for information about psychodynamic interpersonal therapy
- enquire about PIT-UK services (e.g. bespoke training, research, evaluation or organisational consultancy)

5. How we use personal information

5.1 We use this information

- to contact you to respond to your queries (if you email us with a question, for example),
- to provide you with services (e.g. send you an email bulletin, give you access to streaming services, or enable your progress through a training course, for example)
- to process payments
- to contact you to ask you to respond to surveys
- to keep you informed about PIT-UK activities and developments, for example by sending you our Newsletter or the joint PIT-UK / ANZAP journal “The Therapeutic Conversation”

5.2 Financial records

We are required by law to hold information on payments received for our financial records. This information may include:

- Your full name,
- Your email address,
- If you are a business, your business name and correspondence address,
- The dates and amounts of payments and invoices, and
- Payment data that allows us to create our financial records.
- We do not hold information about your method of payment but we do use a link to PayPal for transactions and they use financial information without sharing the method of payment directly with us

The information we hold and the way we use it varies, depending on your role or the service you use. More specific information is given below.

5.3 PIT-UK Members and Associate Members

Members and Associate Members personal details are held for the purpose of internal communication and financial transactions.

5.4 Professionals contributing to our training courses

People who contribute include PIT practitioners who provide teaching, continuing professional development events, marking, moderation, trainee advice and training therapy. Their personal information is stored for the purpose of organising these services and for financial transactions, and information about their professional background (cv) may be included in course material.

5.5 People undertaking training with us

This includes those in Introductory PIT training, Practitioner and Advanced Training, Supervisor training and CPD events. Their personal information is kept for the purpose of providing these services. This may include attendance records and where applicable, details of course assignments and marks.

On completion of training, these records are kept for five years. Contact details continue to be held for the purpose of keeping individuals receiving training informed about PIT-UK activities and other training opportunities.

For more details, please refer to the document on the PIT-UK website relevant to each training.

- To opt out of further communications please contact us (details given below).

5.6 People streaming our videos

People who purchase a license to stream training videos, or access videos as members from our website, create an account which provides us with personal data including payment information. We use this information to provide you with access to the streaming service and to ensure that you are aware of and adhere to the *Terms and Conditions of use*.

5.7 People using our website

Website users may provide us with personal information relating to any of the above services. When users purchase any product or service through the PIT-UK website shop

(including CPD, training-related items, or video streaming), they create an account which provides us with personal data including payment information. Website users may contact us through the website to express interest in our organisation. As outlined in section 5.1 we may use this information for improving our products and services.

We send occasional emails to a mailing list generated by direct contact or through interaction with the website. These are about new events, courses, networks, other products or other information which we think you may find interesting, using the email address which you have provided. From time to time, we may also use your information to contact you for market research purposes. We may use the information to customise the website according to your interests.

- You may opt out of further contact at any time by contacting us.
- See below for additional information on website and cookies

6. Data retention and destruction

We do not keep information about you any longer than is necessary. The length of time we keep your data may be determined by statutory or regulatory requirements. We delete or destroy all personal data when it is no longer required.

7. Your rights

7.1 Subject Access

You have the right to see what personal data we hold about you. You also have the right to know where we got the data from, how and why we are processing your data, who it has been shared with, and how long we intend to keep it for.

7.2 Rectification

You have the right to ask us to investigate, and correct where appropriate, any personal data we hold about you that you believe is wrong.

7.3 Erasure

You have the right to ask us to erase personal data that we hold about you where we no longer have a lawful purpose to process the data, or where the data is being processed based on your consent which has now been withdrawn.

This right may be restricted by our need to comply with laws, regulations or other legitimate reasons that require us to retain data. However, we will tell you if this is the case and keep information held to a minimum.

7.4 Restriction of Processing

You have the right to ask us to restrict the processing of your personal data. Restricted processing means that we cannot make any changes to the data unless we have your consent. You can ask for restricted processing where:

- You believe the data we hold is inaccurate and we need time to properly investigate,
- We have unintentionally come into possession of your personal data that we should not hold but you do not want us to delete,
- Where we no longer need your personal data, but you want us to hold on to it for legal reasons, or
- Where you have objected to how we use your personal data, and this is being investigated.

7.5 Right to Object

Where you feel that we are processing your personal data in a way that is inappropriate you have the right to object and to ask us to demonstrate legitimate grounds for doing so.

- This includes asking us not to communicate with you other than in ways you choose.

7.6 Right to not be subject to Automated Decision-making or Profiling

We do not use automated processing or profiling and your data are never subject to these methods.

8. The legal basis under which we hold and process your data

8.1 Consent

We hold data on this basis because you have asked us to contact you or provide you with a service.

- You can withdraw this consent by contacting us at admin@PIT-UK.com

8.2 Contract

We hold data on this basis if we enter into a contract with you and use of your personal data is required in order to fulfil that contract.

An example would be giving you access to video streaming services after making a subscription, or delivering training to you over the duration of the training course as part of the work we have contracted to provide to you.

8.3 Legitimate Interests

We hold data on this basis in order to offer and conduct the service we provide to you, it is necessary to gather and use your data as part of this provision.

An example would be retaining your information on a database for the purposes of administering our training course, contacting you about CPD events onto which you are booked, or maintaining IT security on our website.

9. For people resident in the European Union

This consent also covers processing of your data outside of the European Union.

10. How to contact us

If you would like any further information, or you would like to exercise any of your data protection rights, please get in touch.

By email: admin@PIT-UK.com

By phone: 07842 137745

By post:

**PIT-UK Administrator,
71-75 Shelton Street
Covent Garden
London
WC2H 9JQ
UNITED KINGDOM**

PIT-UK LTD Website and Cookie Information

Website Information

Who has access to information relating to our website

Personal data gathered through or relating to the website is accessible to PIT-UK administrative and support staff for the purposes of administering our services.

Additionally PIT-UK Committee members responsible for overseeing and reporting on the website have access to such information, in conjunction with the web developer/technical support when necessary. As above, all those working with PIT-UK comply with data protection legislation and maintain appropriate security measures in relation to the website.

Reports drawing on *anonymised* information obtained via third party applications such as Google Analytics, Twitter Analytics, WordPress plus related toolkits, tools and plug-ins, may be shared with PIT-UK Committee members for the purpose of improving and delivering PIT-UK services.

Retention periods for personal data held on our website

We delete any personal data held on our website as soon as possible. If you have purchased a course, or any other product through our site, your personal data will be deleted as soon as your purchase has been processed.

Cookies

How we use cookies

A cookie is a small file which asks permission to be placed on your computer's hard drive. Once you agree, the file is added and the cookie helps analyse web traffic or lets you know when you visit a particular site. Cookies allow web applications to respond to you as an individual. The web application can tailor its operations to your needs, likes and dislikes by gathering and remembering information about your preferences.

We use traffic log cookies to identify which pages are being used. This helps us analyse data about web page traffic and improve our website in order to tailor it to customer needs. We only use this information for statistical analysis purposes and then the data is removed from the system.

Cookies we use:

Name: PHPSESSID

Expires: when browser is closed

Description: session ID cookie. Identifies if visitor is logged on etc.

Name: _ga

Expires: 2 years

Description: Used by Google to distinguish users.

Name: _gat

Expires: 10 minutes

Description: Used by Google to throttle request rate.

Name: NID

Expires: 6 months

Description: Used by Google. Most Google users will have a preferences cookie called 'NID' in their browsers.

Name: metrics_token

Expires: 2 years

Description: Helps Twitter count the number of users that have seen a particular embedded Tweet or timeline

Name: pid

Expires: 2 years

Description: Enables Twitter's Tailored Suggestions feature that personalises content and suggestions for Twitter users based on their website visits.

Name: lang

Expires: when browser is closed

Description: Helps Twitter remember your preferred language or country that you are in.

3rd party services on this site, other websites this site links to and the services on them may also use cookies.

(Some examples of these are ANZAP, Twitter (eg: _twitter_sess, external_referer, guest_id), Google Calendar).

Overall, cookies help us to provide you with a better website, by enabling us to monitor which pages you find useful and which you do not. A cookie in no way gives us access to your computer or any information about you, other than the data you choose to share with us.

Turning Cookies Off

You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer. Doing so, however, may prevent you from taking full advantage of this website and possibly many others, as cookies are a standard part of most modern websites.

You can usually switch cookies off by adjusting your browser settings to stop it from accepting cookies. If you want to do this we suggest using a search engine to search for “How to switch off cookies” (adding in your browser and device) or ask your supplier or technical support.

Links to other websites

Our website may contain links to enable you to visit other websites of interest easily. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement. You should exercise caution and look at the privacy statement applicable to the website in question.

Options to manage cookies when you link to our website

This information is available in the footer of each page on the website.

When you link with our website you will automatically be offered a cookie control

Cookie Policy

About this cookie policy

This Cookie Policy explains what cookies are and how we use them, the types of cookies we use i.e, the information we collect using cookies and how that information is used, and how to control the cookie preferences. For further information on how we use, store, and keep your personal data secure, see our Privacy Policy.

You can at any time change or withdraw your consent from the Cookie Declaration on our website. Learn more about who we are, how you can contact us, and how we process personal data in our Privacy Policy.

Your consent applies to the following domains: pit-sig.hosting.greenh.co.uk

Your current state: Consent accepted. [Manage your consent.](#)

What are cookies ?

Cookies are small text files that are used to store small pieces of information. They are stored on your device when the website is loaded on your browser. These cookies help us make the website function properly, make it more secure, provide better user experience, and understand how the website performs and to analyse what works and where it needs improvement.

How do we use cookies ?

As most of the online services, our website uses first-party and third-party cookies for several purposes. First-party cookies are mostly necessary for the website to function the right way, and they do not collect any of your personally identifiable data.

The third-party cookies used on our website are mainly for understanding how the website performs, how you interact with our website, keeping our services secure, we do not advertise any products other than our own events and learning materials, and all in all providing you with a better and improved user experience and help speed up your future interactions with our website.

What types of cookies do we use ?

Essential: Some cookies are essential for you to be able to experience the full functionality of our site. They allow us to maintain user sessions and prevent any security threats. They do not collect or store any personal information. For example, these cookies allow you to log-in to your account and add products to your basket, and checkout securely.

Statistics: These cookies store information like the number of visitors to the website, the number of unique visitors, which pages of the website have been visited, the source of the visit, etc. These data help us understand and analyze how well the website performs and where it needs improvement.

Advertising: We do **not** provide any information to third-party ad providers but we do have direct links to other sites relevant to psychotherapy.

Functional: These are the cookies that help certain non-essential functionalities on our website. These functionalities include embedding content like videos or sharing content of the website on social media platforms.

Preferences: These cookies help us store your settings and browsing preferences like language preferences so that you have a better and efficient experience on future visits to the website.

How can I control the cookie preferences ?

Should you decide to change your preferences later through your browsing session, you can click on the "Privacy & Cookie Policy" tab on your screen. This will display the consent notice again enabling you to change your preferences or withdraw your consent entirely. **Manage your consent.**

In addition to this, different browsers provide different methods to block and delete cookies used by websites. You can change the settings of your browser to block/delete the cookies. To find out more about how to manage and delete cookies, visit [wikipedia.org](https://www.wikipedia.org).

The Manage your consent text links to a control set for cookies

You are told:

"We use cookies on our website to give you the most relevant experience by remembering your preferences and repeat visits. By clicking "Accept All", you consent to the use of ALL the cookies. However, you may visit "Cookie Settings" to provide a controlled consent".

Cookie Settings offers the following page where you can see descriptions of five types of cookie - Functional, Performance, Analytics, Advertisement, Others. Each has the ability to toggle on or off

It is not possible to turn off Essential Cookies but information is provided on which cookies are in use

Necessary cookies are absolutely essential for the website to function properly. These cookies ensure basic functionalities and security features of the website, anonymously.

Cookie	Duration	Description
cookieLawinfo-checkbox-analytics	11 months	This cookie is set by GDPR Cookie Consent plugin. The cookie is used to store the user consent for the cookies in the category "Analytics".
cookieLawinfo-checkbox-functional	11 months	The cookie is set by GDPR cookie consent to record the user consent for the cookies in the category "Functional".
cookieLawinfo-checkbox-necessary	11 months	This cookie is set by GDPR Cookie Consent plugin. The cookies is used to store the user consent for the cookies in the category "Necessary".

Cookie	Duration	Description
cookielawinfo-checkbox-others	11 months	This cookie is set by GDPR Cookie Consent plugin. The cookie is used to store the user consent for the cookies in the category "Other".
cookielawinfo-checkbox-performance	11 months	This cookie is set by GDPR Cookie Consent plugin. The cookie is used to store the user consent for the cookies in the category "Performance".
viewed_cookie_policy	11 months	The cookie is set by the GDPR Cookie Consent plugin and is used to store whether or not user has consented to the use of cookies. It does not store any personal data.

For any queries about privacy, consent and security of your data contact admin@pit-uk.org.uk

