

Cookie Policy for Julie Iveson Therapy

Last updated: August 2026

1. Introduction

This Cookie Policy explains how cookies are used on **julieivesontherapy.com**. Cookies are small text files placed on your device when you visit a website. They help the site function properly and improve your browsing experience.

This policy is written in line with UK GDPR, the Data Protection Act 2018, and the Data Use & Access Act (DUAA) 2026.

2. What Cookies Are Used on This Website

My website uses a small number of cookies. These fall into two categories:

A. Essential Cookies (Strictly Necessary)

These cookies are required for the website to function. They do not store personal information and cannot be switched off.

Examples include:

- Cookies that allow pages to load correctly
- Security and session cookies used by the website host
- Cookies that remember your cookie preferences

These do not require consent.

B. Functional or Performance Cookies (If Enabled by Your Website Host)

Some website hosts use anonymous analytics to understand how visitors use the site (for example, which pages are viewed most often). If these are active, they will only run **with your consent**.

Examples include:

- Anonymous visitor statistics
- Page performance tracking

If used, these cookies help improve the website but are not essential.

3. Cookies Used by Third-Party Services

Your website may use third-party services such as:

- Website hosting provider
- Embedded contact forms
- Security or performance tools

These services may place essential cookies to ensure the site works correctly. They do **not** collect therapy-related information or session content.

4. Cookie Consent Banner (DUAA Requirement)

When you visit the website, you will see a cookie banner that allows you to:

- **Accept all cookies**
- **Reject non-essential cookies**
- **Manage your preferences**

Essential cookies will always run, but non-essential cookies will only run if you choose to allow them.

You can change your preferences at any time.

5. How to Manage or Delete Cookies

You can control cookies through your browser settings. You can:

- Delete existing cookies
- Block new cookies
- Allow only certain types

For guidance, visit: <https://www.aboutcookies.org>

6. Updates to This Policy

This policy may be updated to reflect changes in law or website functionality. The most recent version will always be available on this page.

7. Contact Details

If you have questions about this Cookie Policy, please contact:

Julie Iveson Email: julieivesontherapy@gmail.com