**Set Me Free Therapy’s Cookie Policy**

Our website uses cookies to distinguish you from other users of our website. Once you visit a website which uses cookies, a cookie file is saved in your device. This file is a small organisation of letters and numbers that we store on your browser/ the device’s hard drive, given that you consent. This information is stored under a unique ID which denotes you and stores the name of the website and your preferences. This helps us to provide you with a good experience when you browse our website and allows us to improve our site.

We use the following cookies:

* **Strictly necessary cookies**. These are cookies that are required for you to browse the information on our website, use it’s features and operations including access to secure areas of our website. For example, this includes the secure areas that enable you to fill in and use our contact form.
* **Analytical or performance cookies.** These allow us to recognise and count the number of visitors and to see how visitors move around our website when they are using it. This helps us to improve the way our website works, for example, by ensuring that users are finding what they are looking for easily.
* **Functionality cookies.** This is also known as ‘preference cookies’. They are used to recognise you when you return to our website. This enables us to personalise our content for you and remember your preferences. For example, your choice of language or region.

You can find more information about the individual cookies we use and the purposes for which we use them in the table below:

|  |  |  |
| --- | --- | --- |
| Cookie Title Cookie Name | Purpose | More Information |
| ESSENTIAL COOKIESStrictly Necessary Cookies | These cookies are required for our website to function, and the information provided is considered essential. For example, this allows our users to log in and make changes or updates to their calendar bookings.  | For more information about the use of strictly necessary cookies, please refer to: <https://gdpr.eu/cookies/>  |
| FUNCTIONAL COOKIESAnalytical CookiesPerformance CookiesFunctionality Cookies | These cookies are to help us understand how users use our website, what their preferences are, and how to tailor our website to make it a better experience for you. These cookies do **not** collect any identifiable information about users. | For more information about these cookies, you can refer to: <https://www.aboutcookies.com/types/>  |
| SESSIONAL COOKIEComment Form Cookies | This cookie is used for the ‘contact us’ form. Details regarding your personal information is collected. However, as this is a sessional cookie your information will not be saved when you visit the website again.  | All information is sent to our email domain and is permanently deleted from our system if you do not choose to continue with us. If you do choose to continue with us, your details are encoded and placed on a secure and protected platform in Dropbox.  |

Please note that the following third parties may also use cookies, over which we have no control. These named third parties may include, for example, advertising networks and providers of external services like web traffic analysis services. These third party cookies are likely to be analytical cookies or performance cookies or targeting cookies.

Third Party: MAIL.ONE.COM

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Except for essential cookies, all cookies will expire after 12 months.