

Cookie Policy

In this cookie policy you can read about:

The different types of cookies that are used.

For how long they work and for what purposes they are used.

How to change your cookie settings and opt-out, and

Who I am and how I can be contacted?

When I use words like "I", "me", "mine" "my" I mean Elaine Benson Counselling, Psychotherapy and Supervision. You can find my company details below. I am the data controller of the data collected through the use of cookies on my website.

My website URL is <https://www.elainebenson.co.uk>

This includes any sub-domains and other sites I own and operate. When I refer to "you" I mean you as a user or visitor of my website. This policy is part of my privacy policy. The use of cookies may include processing of your personal data and therefore it is recommended that you read my privacy policy.

What do I need to know about cookies?

As with most websites, cookies are used to help improve your use of this site. Cookies mean that a website will remember you and allows me to have an overall view of visitor volume and habits to the website.

There are different types of cookies and they are used for different purposes. Below you can read about what a cookie is, the difference between first- and third-party cookies and session cookies vs. persistent cookies and what types of cookies we use on this website and why.

What is a cookie? A cookie is a small piece of data that a website stores on your device when you visit it. A cookie typically contains information about the website itself, a unique identifier that allows the site to recognise your web browser when you return, additional data that serves the purpose of the cookie, and the lifespan of the cookie itself.

Cookies are used to enable certain features (e.g. logging in), to track site usage (e.g. analytics), to store your user settings (e.g. time zone, notification preferences), and to personalise your content (e.g. advertising, language).

Session Cookies vs. Persistent Cookies

Session cookies only last as long as your online session. This means that they will disappear from your computer or device when you close your browser. They are therefore also sometimes referred to as temporary cookies. Typically, session cookies are used to remember what a user put in their basket when they are browsing a website. Persistent cookies are different. These cookies are sometimes called permanent cookies. They will stay on your computer or device after you close your browser. These types of cookies will expire according to the time specified in the cookie. You can see the specific duration of each persistent cookie below.

What's the difference between first- and third-party cookies?

First party cookies are cookies that are set by the website that you are visiting and it's only this website that can access and read these cookies. Third party cookies are set by someone other than the owner of the website you're visiting. As an example, some pages have content from other sites like YouTube. YouTube may set their own cookies on your browser when you play the video from YouTube. Cookies set by other sites and companies (i.e. third parties) can be used to track you on other websites that use the same third-party service. Below you can see what cookies on my website are first party cookies and third-party cookies.

Types of cookies and how they are used.

Necessary cookies

Necessary cookies are required for the basic functionality of this website to work. Necessary cookies are used to make it possible for you to only have to enter your username and password once during a visit to our website. Necessary cookies are also used to help with ensuring that you are given the option to accept or reject cookies, block non-necessary cookies from working until you give consent, and remember your cookie settings and choices. The cookies also help keep track of, if, and when, you gave consent to analytical cookies, our privacy policy, and email marketing. Necessary cookies are also used for payment processing. It's not possible to reject or accept the necessary cookies as they are core for the functionality of the website.

Analytical cookies gather statistics. This information is used to make the website even better. The information collected via the analytical cookies track how you use our website during your visit. It helps me to understand visitor usage patterns, identify, and diagnose problems or errors you may encounter, and make better strategic decisions in improving the website experience. Analytical cookies will only be set on your device with your consent.

Marketing cookies are used in determining what promotional content is more relevant and appropriate to you and your interests. Websites may use them to deliver targeted advertising or to limit the number of times you see an advertisement. This helps companies improve the effectiveness of their campaigns, and the quality of content presented to you. These cookies may be set by the website you're visiting (first-party) or by third-party services. Marketing cookies set by third-parties may be used to track you on other websites that use the same third-party service.

Functionality cookies are used in collecting information about your device and any settings you may configure on the website you're visiting (like language and time zone settings). With this information, websites can provide you with customised, enhanced or optimised content and services.

Third-party cookies on this site are employed by third-party companies and individuals on our websites, e.g., analytics providers and content partners. I grant these third parties' access to selected information to perform specific tasks on my behalf. Please note that we can't control what these third-party providers do in regard to these cookies.

How you can change your cookie settings, including opting out:

As part of my cookie solution, I always provide you with the option to say no to cookies. I also give you the option to change your mind. If you at one point gave consent to non-necessary cookies on my website, you can always change your mind. Just look for the shield on my website. If you press the shield, your cookie settings will appear, allowing you to always change your settings and reject cookies. It's also possible to instruct your browser to refuse cookies from this website. Most browsers are configured to accept cookies by default, but you can update these settings to either refuse cookies altogether, or to notify you when a website is trying to set or update a cookie. If you browse websites from multiple devices, you may need to update your settings on each individual device. Although some cookies can be blocked with little impact on your experience of a website, blocking all cookies may mean you are unable to access certain features and content on the site.

Further information about how cookies are used generally, including how to change your cookie settings and how to opt out of being tracked, can be found on the ICO's website here:

<https://ico.org.uk/global/cookies/>

Elaine Benson Counselling and Supervision. You can email me at elaine.benson@protonmail.com

This policy is effective from 16/04/2021