

Your data is treated with respect and confidentiality. MindLife therapy adheres to legal protection standards, such as the Dutch Data Protection Authority (Autoriteit Persoonsgegevens, AP) and the Dutch Association of Psychologists (NIP) ethical guidelines. In this Privacy Statement you can read more on how we maintain secure data handling.

Information we might collect

- Contact Information: Name, phone number, address, and email address.
- Health data: information about your physical health, medical history, symptoms, and diagnoses.
- Therapy Notes: Information about your personal history, treatment progress, and outcomes.

We only collect this information with your explicit consent and never share it with third parties without your permission. You may choose to withhold consent.

How We Use Your Information

- Scheduling appointments
- Contact
- Maintaining and monitoring therapy progress
- Invoicing
- Maintaining a client dossier required by Dutch law (15 years after treatment ends).

Data Security & Confidentiality

Your information is safeguarded against unauthorized access. This includes strong passwords, data backups, encryption, secure physical storage (double layer security).

Confidentiality may be lifted when

- There's an immediate threat of harm to yourself or others
- To facilitate a referral to another healthcare professional (minimal information, ensuring anonymity)
- For supervision or intervision purposes (using pseudonyms to protect your identity)
- When legally mandated by a court order.

This privacy statement was updated up on 28 October 2026

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