

Cookie Policy of Charissa Russ Counselling and Psychotherapy

Consent To Use Cookies

The law allows us to store cookies on your devices if they are essential to the operation of our website. The law states that Charissa Russ Counselling and Psychotherapy requires consent to set non-essential cookies on your computer. Please note that by using this website, you are consenting to our cookies and using the data collected by them for the purposes set out in our cookie policy.

What Are Cookies?

Cookies are small files we store on your device such as a computer, mobile phone, tablet or any other mobile device (Device) that you use to access the Charissa Russ Counselling and Psychotherapy website. Cookies are useful because they allow a website to recognise a user's device.

Charissa Russ Counselling and Psychotherapy website uses both first party cookies (which are set by the sites being visited) and third party cookies (which are set by a server located outside the domain of our sites).

You can find more out about cookies by searching the internet and at the following websites:

<http://www.allaboutcookies.org>

<http://www.youronlinechoices.eu>

Are Cookies Anonymous?

The cookies used by Charissa Russ Counselling and Psychotherapy do not identify you personally.

What Are Cookies Used For?

Cookies are used for a variety of tasks online. For example, assisting in navigating between pages efficiently, remembering preferences, and generally improving the experience of those using the site. Cookies can also help to ensure that the adverts you see when online are more relevant to you and your interests.

What Types Of Cookies Do We Use?

• Required or Essential Cookies

These cookies are essential in order to enable you to move around the Charissa Russ Counselling and Psychotherapy website and use its features, such as accessing secure areas of the website. Without such cookies, the services you have asked for cannot be provided. Strictly necessary cookies are used for remembering previous actions (e.g. entered text) when navigating back to a page in the same session. Strictly necessary cookies are not used for gathering information that could be used for marketing to you, the user, or remembering customer preferences or user ID's outside a single session (unless you, the user, have requested this function).

• Performance Cookies

Performance cookies collect anonymous information about how visitors use a website. For example the cookies will collect data as to which pages visitors go to most often, how long they remain on a page etc. This type of cookie does not collect information that identifies you. They are used to monitor and improve how the website works.

- **Functionality Cookies**

These cookies allow the Charissa Russ Counselling and Psychotherapy website to remember choices you make (such as your user name, or the region you are in) and provide enhanced, more personal features. These cookies can also be used to remember changes you have made to text size, fonts and other parts of web pages that you can customise. The information these cookies collect is anonymised. They cannot track your browsing activity on other websites.

- **Analytics Cookies**

This type of cookie collects information about your use of the website, and enabling the ability to improve the way it works. For example, analytics cookies show which are the most frequently visited pages on the site, help to record any difficulties you have with the site, and show whether our advertising is effective or not. This allows Charissa Russ Counselling and Psychotherapy to see the overall patterns of usage on the site, rather than the usage of a single person.

Can You Disable Cookies?

If you don't want cookies, it is possible to disable them. Further information on how to do this can be found at:

<http://www.google.com/settings/ads>

<http://www.networkadvertising.org/>

If you do block cookies, some elements of the Charissa Russ Counselling and Psychotherapy site might not work so well.

Google

Please note that information generated by the Google Analytics Cookies and associated cookies will be transmitted to and stored by Google on its servers. Google use this information for the purpose of evaluating your use of the website, compiling reports on website activity and providing other services relating to website activity and internet usage.

Do Cookies Expire?

A cookie will expire after a certain period of time depending on what it is used for.

Updates and Revisions

This document and associated processes are under regular review. Charissa Russ Counselling & Psychotherapy has the right to make changes to this cookie policy so it is recommended that you revisit this page from time to time to ensure you are aware of updates and amendments.

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