



Clare Carolan

Counselling, Psychotherapy & Supervision

Cookie Policy

How we use cookies on our website



Lavey, Co. Cavan, A82 VH97

Tel: 043 33 62042 | clarecarolanlavey@gmail.com

www.clarecarolan.ie

Professional Accreditations & Credentials



Ms Clare Carolan

Irish Association for Counselling & Psychotherapy (IACP)

Accredited Member — verify at www.iacp.ie

Irish Counselling & Psychotherapy Association (ICPA)

Accredited Member & Supervisor — Membership No. M2385

Verify at www.icpa.ie

Continuous Professional Development (CPD)

Committed to ongoing CPD including completion of four specialised Professional Diplomas at ICPS College in counselling and psychotherapy.

Clinical Supervision

Qualified Clinical Supervisor providing reflective practice support for practitioners working in therapeutic and helping roles.

Areas of Specialisation

Anxiety & Depression | Trauma Recovery | Addiction Counselling
Domestic Violence | Grief & Loss | Relationship Difficulties
Stress Management | Self-Esteem | Personal Development



Last Updated: 17 May 2026

1. Introduction

Clare Carolan Counselling, Psychotherapy & Supervision ("we", "our", "us") is committed to protecting your privacy when you visit our website at www.clarecarolan.ie. This Cookie Policy explains what cookies are, how we use them, and your choices regarding their use. We believe in full transparency so that you can make informed decisions about your online experience.

2. What Are Cookies?

Cookies are small text files that are placed on your device (computer, tablet, or mobile phone) when you visit a website. They are widely used to make websites work more efficiently, to provide a better user experience, and to supply information to website owners. Cookies do not typically contain any information that personally identifies a visitor.



3. Types of Cookies We Use

3.1 Strictly Necessary Cookies

These cookies are essential for the operation of our website. They enable core functionality such as page navigation and access to secure areas. The website cannot function properly without these cookies, and they cannot be switched off in our systems.

3.2 Performance and Analytics Cookies

These cookies allow us to count visits and traffic sources so that we can measure and improve the performance of our website. They help us understand which pages are the most and least popular and to see how visitors navigate around the site. All information these cookies collect is aggregated and therefore anonymous.

3.3 Functionality Cookies

These cookies enable the website to provide enhanced functionality and personalisation. They may be set by us or by third-party providers whose services we have added to our pages.

3.4 Third-Party Cookies

Our website is built on the Wix platform, which may set its own cookies for platform functionality and analytics purposes. Additionally, if we embed content from external services (such as social media platforms), those third parties may also set cookies on your device.

4. Managing Your Cookie Preferences

You have the right to decide whether to accept or reject cookies. You can exercise your cookie preferences in the following ways:

- **Browser Settings:** Most web browsers allow you to control cookies through their settings. You can set your browser to refuse cookies or to alert you when a cookie is being sent. Please note that if you disable cookies, some parts of our website may not function correctly.
- **Cookie Consent Tool:** When you first visit our website, you may be presented with a cookie consent banner allowing you to accept or decline non-essential cookies.
- **Opt-Out Links:** For analytics cookies provided by third parties such as Google Analytics, you may opt out by visiting the relevant provider's opt-out page.



5. Data Protection and Your Rights

We process cookie data in accordance with the General Data Protection Regulation (GDPR) and the ePrivacy Directive (Cookie Law). Under GDPR, you have the right to:

- Access information about the cookies we use.
- Request the deletion of cookie data we hold.
- Withdraw consent for non-essential cookies at any time.

For further information on your data protection rights, please refer to our Privacy Policy or contact us directly.

6. Changes to This Cookie Policy

We may update this Cookie Policy from time to time to reflect changes in technology, legislation, or our business practices. Any changes will be posted on this page with an updated revision date. We encourage you to review this policy periodically.

7. Contact Us

If you have any questions about this Cookie Policy or our use of cookies, please contact us:

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