

Empathy Rooms Cookie Policy

Effective on December 4, 2018

At Empathy Rooms Ltd, we believe in being clear and open about how we collect and use data related to you. In the spirit of transparency, this policy provides detailed information about how and when we use cookies. This cookie policy applies to any Empathy Rooms Ltd product or service that links to this policy or incorporates it by reference.

Does Empathy Rooms Ltd use cookies?

Yes. As described in [Section 6 of our Privacy Policy](#), we use cookies and other technologies to ensure everyone who uses Empathy Rooms Ltd has the best possible experience. Cookies also help us keep your account safe. By continuing to visit or use our services, you are agreeing to the use of cookies and similar technologies for the purposes we describe in this policy.

What is a cookie?

A cookie is a small file placed onto your device that enables Empathy Rooms Ltd features and functionality. For example, cookies enable us to identify your device, secure your access to Empathy Rooms Ltd and our sites generally, and even help us know if someone attempts to access your account from a different device. Cookies also enable you to easily share content on Empathy Rooms Ltd and help us serve relevant ads to you.

When does Empathy Rooms Ltd place cookies?

We use cookies on our sites (such as Empathy Rooms Ltd.com and LanarkshireCBT.com) and mobile applications. Any browser visiting these sites will receive cookies from us.

What types of cookies does Empathy Rooms Ltd use?

We use two types: persistent cookies and session cookies. A persistent cookie helps us recognize you as an existing user, so it's easier to return to Empathy Rooms Ltd or interact with our services without signing in again. After you sign in, a persistent cookie stays in your browser and will be read by Empathy Rooms Ltd when you return to one of our sites or a partner site that uses our services (for example, our sharing or job application buttons). Session cookies only last for as long as the session (usually the current visit to a website or a browser session).

What are cookies used for?

Cookies can be used to recognize you when you visit Empathy Rooms Ltd, remember your preferences, and give you a personalized experience that's in line with your settings. Cookies also make your interactions with Empathy Rooms Ltd faster and more secure. Additionally, cookies allow us to bring you advertising both on and off the Empathy Rooms Ltd sites, and bring customized features to you through Empathy Rooms Ltd plugins such as our "Referral" button.

Categories of Use	Description
Authentication	If you're signed in to Empathy Rooms Ltd, cookies help us show you the right information and personalize your experience.
Security	We use cookies to enable and support our security features, and to help us detect malicious activity and violations of our User Agreement.
Preferences, features and services	Cookies can tell us which language you prefer and what your communications preferences are. They can help you fill out forms on Empathy Rooms Ltd more easily. They also provide you with features, insights, and customized content in conjunction with our plugins. You can learn more about plugins in our Privacy Policy.
Advertising	We may use cookies to show you relevant advertising both on and off the Empathy Rooms Ltd site. We may also use a cookie to learn whether someone who saw an ad later visited and took an action (e.g. downloaded a white paper or made a purchase) on the advertiser's site. Similarly, our partners may use a cookie to determine whether we've shown an ad and how it performed, or provide us with information about how you interact with ads. We may also work with a partner to show you an ad on or off Empathy Rooms Ltd, such as after you've visited a partner's site or application.

Performance,
Analytics and
Research

Cookies help us learn how well our site and plugins perform in different locations. We also use cookies to understand, improve, and research products, features, and services, including when you access Empathy Rooms Ltd from other websites, applications, or devices such as your work computer or your mobile device.

What is Do Not Track (DNT)?

DNT is a concept that has been promoted by regulatory agencies such as the U.S. Federal Trade Commission (FTC), for the Internet industry to develop and implement a mechanism for allowing Internet users to control the tracking of their online activities across websites by using browser settings. The World Wide Web Consortium (W3C) has been working with industry groups, Internet browsers, technology companies, and regulators to develop a DNT technology standard. While some progress has been made, it has been slow. No standard has been adopted to this date. As such, Empathy Rooms Ltd does not generally respond to “do not track” signals.

Controlling cookies

Most browsers allow you to control cookies through their settings preferences. However, if you limit the ability of websites to set cookies, you may worsen your overall user experience, since it will no longer be personalized to you. It may also stop you from saving customized settings like login information.

What to do if you don't want cookies to be set or want them to be removed?

If you are a Visitor, you can opt-out of our advertising cookies. If you do not want to receive cookies, you can also change your browser settings on your computer or other device you're using to access our services. If you use Empathy Rooms Ltd without changing your browser settings, we'll assume that you're happy to receive all cookies on the Empathy Rooms Ltd website. Most browsers also provide functionality that lets you review and erase cookies, including Empathy Rooms Ltd cookies. Please note that the Empathy Rooms Ltd site may not work properly without cookies.

To find out more about cookies, including how to see what cookies have been set and how to manage and delete them, visit [wikipedia.org](https://www.wikipedia.org), www.allaboutcookies.org, or www.aboutcookies.org.

Other helpful resources

To learn more about advertisers' use of cookies the following links may be helpful:

- [European Interactive Digital Advertising Alliance \(EU\)](#)
- [Internet Advertising Bureau \(US\)](#)
- [Internet Advertising Bureau \(EU\)](#)

Browser manufacturers provide help pages relating to cookie management in their products. Please see below for more information.

- [Google Chrome](#)
- [Internet Explorer](#)
- [Mozilla Firefox](#)
- [Safari \(Desktop\)](#)
- [Safari \(Mobile\)](#)
- [Android Browser](#)
- [Opera](#)
- [Opera Mobile](#)

For other browsers, please consult the documentation that your browser manufacturer provides.