

Covid Measures For Safer Face to Face Appointments

As you are aware, we continue to find ourselves in a place of uncertainty around Covid and the implications of having face to face in sessions.

Of paramount concern is keeping myself and all of my clients as safe as possible and so I outline some of the actions I will be taking in order to mitigate risk.

Everyone entering the therapy room is by appointment only, therefore a record of names, contact details, and times within this space is recorded

I ask that Face coverings be worn in all corridors and communal areas unless exempt.

I will not be wearing a face mask in our appointment but will respect your decision around wearing a face mask if you would prefer to do so. This may change depending on current guidance.

I will ensure room layout is set out to provide a minimum 2 metre gap between chairs.

Door and corridor window will be opened between appointments to air the therapy room.

Our sessions could be liable to postponement or disruption on a temporary basis. Where possible, I will offer clients the option of continuing sessions by phone or Zoom. Delivering therapy via this method may not be suitable for some clients and if this is the case then we will need to suspend our work together for an agreed period of time. We can recontract to take into consideration any differences in delivering therapy via this method.

The need to pause face to face counselling will be required if you have a positive test, are asked to self-isolate or have any symptoms (cold, cough, respiratory issues, a raised temperature/fever) This also applies if you believe you have come into contact with anybody who has the need to self-isolate.

If, due to a positive Covid result, we need to cancel/postpone our sessions outside our agreed notice period of 24 hours I will implement a discretionary waiver of the late cancellation fee.

In the event that we decide to move to telephone/zoom counselling I will give you my bank details in order for a BACS payment to be made.

I will not provide tissues in order to mitigate risk of cross contamination and would ask that you bring your own.

I will clean all surfaces: door handles, arms of the chairs etc and empty bins in between all appointments.

I will ensure drinking glasses are cleaned thoroughly using washing up liquid and hot water.

We need to ensure that we practise the official recommended hygiene procedures before, during and after our meeting. May I suggest you equip yourself with hand sanitiser, however I will provide hand sanitiser for your use before entering the therapy room.

In accordance with NHS Guidance I will continue my practice of not shaking hands and avoiding any other form of physical contact.

The toilet facilities are not exclusive to my practice; as such I am limited as to the assurances I can give regarding hygiene practises. Therefore, I would ask that you do not rely on this facility being available.

If I am diagnosed with covid I'll be asked about people I have been in contact with. In such circumstances the NHS Test and Trace will contact me direct, we will follow all instructions given and share the names and telephone numbers of those required. Our existing contract refers to the limits of confidentiality relating to the balance of public interest. Public interest is the general welfare and rights of the public that should be recognised, protected and advanced. Disclosures in the public interest, based on the common law, are made where this is essential to prevent a serious and imminent threat to public health, national security, the life of the individual or a third party, or to prevent or detect serious crime. This clause may become relevant if I contract the virus and am obliged to inform the NHS of people I've been in contact with. In this case, I may need to share your name and contact details but the context in which I know you will remain confidential. However, you may be contacted by the NHS who will provide support and testing.