



Covid Policy – In person Therapy

Face to face sessions carried out at the practice are optional and attended at the client's own risk during this period of easing lockdown due to Corona virus.

These sessions will take place in my counselling space: Suite 12, Park Mews, 15b Park Ln, Hornchurch RM11 1BB.

This Policy will be kept updated following Government and Professional Bodies recommendations and guidelines.

From 8 August 2020, wearing face coverings will be mandatory in a wide range of indoor settings in England, including in premises where personal services are provided to clients.

In light of these changes and following guidance BACP had directly from the Department for Health and Social Care (DHSC), the use of face coverings may be appropriate for clients receiving therapy face to face, to ensure the safety of the client and the therapist. Even with two metre distance, you and your therapist are at increased risk due to the face to face position and prolonged exposure during a therapy session. There are some circumstances, for health, age or equality reasons, where people are not expected to wear face coverings, and these will be taken into consideration. If you fall in one of the categories just let me know.

Before attending the meeting

Please return this form before your appointment, at least 24 hours before it. It is essential for your safety and that of others that I receive this document ahead of your appointment. I will not be able to offer therapy session in person without it. I will send a copy of this questionnaire to be filled in before each in-person session we may plan.

In the event of you and/or a member of your family developing a temperature or other Covid-indicative symptoms, please email/ phone me as soon as possible to cancel the appointment while you investigate this. If you wish, we will reschedule an online appointment.

Please kindly go through the brief screening questions and answer them, if you answer yes to any of the following questions, I will ask you to cancel the in-person meeting. I will do my best to offer an alternative online meeting if you wish.

- Do you have fever, or have you felt hot or feverish recently (14-21 days)? Yes No
- Are you having shortness of breath or other difficulties breathing? Yes No
- Do you have a cough? Yes No
- Have you experienced recent loss of taste or smell? Yes No
- Are you in contact with any confirmed COVID-19 positive patients? Yes No
- *If you are well who are well but who have a sick family member at home with COVID-19 you should consider re-scheduling.*
- Any other flu-like symptoms, such as gastrointestinal upset, headache or fatigue? Yes No



Vanessa Zopp

Counselling and CBT

On arrival

- Please remember to bring your mask and wear it before entering the building
- Please hand sanitise before and after the session, there will be a hand sanitiser available in the room and at the main entrance of the building

In the room

- We will sit at a two-metre distance
- In order to keep good ventilation, the two windows of the room will be always open
- There will be a transparent glass screen between us and cleaned in between sessions
- We both will be wearing masks. Please remember to bring yours.
- Use the toilet only when necessary and when doing so, move directly to destination ensuring social distancing at all times
- Please be aware that there will be no longer any communal tissues, kindly bring your own
- I will take responsibility for cleaning inside the room touchable surfaces and materials before and after each session
- Common surfaces of the counselling space (parking pass, surfaces, laptops, handles etc.) will be routinely treated with a specific cleaner in between clients
- All common surfaces (door handles, handrails etc) of the building are cleaned routinely

Confidentiality

- Should you, another client, a person in the building, or I, the therapist, test positive for coronavirus, then confidentiality will be broken if necessary, for reasons of public interest in the area of public health.
- I may need to share your name and contact details with the NHS/Track Tracer, who will contact you then to offer support and testing.
- There will be no disclosure on what you were doing, why you were in the building, your details will not be disclosed to other clients or people apart from the NHS/Track Tracer.

Should the government, local authority, professional bodies or myself deem it necessary to impose further restrictions I may revert to solely on-line meetings till further notice.

The above measures are experimental with the emphasis on maintaining safety and personal care. We can return to meeting online at any time should you, or I prefer to do so.

Changes to this policy

I keep this policy under regular review and this privacy policy was last updated on 01 September 2020.

If you have any troubles filling out the form, I will always be happy to help and to assist you personally.

I have read and hereby agree to the above measures and understand these can be reviewed with me at any time:

Name (Capital Letters)

Signature

Date