

In person meetings are optional and attended at the client's own risk during this Covid pandemic. These sessions will take place in my office: Suite 14, Park Mews, 15b Park Ln, Hornchurch RM11 1BB. This policy will be updated as and when required in accordance with the relevant guidance issued by both the Government and British Association of Counsellors & Psychotherapists (BACP). The decision to offer in person or online counselling will be considered on a client- by-client basis and made collaboratively.

The government has announced a plan for living with Covid-19 which removes the remaining legal restrictions while protecting people most vulnerable to Covid and maintaining resilience. The latest Covid-19 guidance allows in-person work to resume as normal with clients in business premises, providing they are COVID-secure and risk mitigation measures are rigorously employed. This policy will be discussed collaboratively with you during your initial appointment.

Masks/Face coverings:

they are no longer required by law. This means that usually I will not wear a mask and that you are free to decide whether to wear it or not. It is important that we both feel safe, as our personal circumstances may change, so the following exceptions apply:

- If you prefer to wear a mask and you wish me to do the same, just let me know in advance.
- At any time, during the course of therapy, you are free to wear a mask for any number of meetings you wish. I will do the same if you wish.
- At any time, I may decide to wear a mask and ask you kindly you to do so. I will discuss this with you or contact you in advance. There are some circumstances, for health, age or equality reasons, where people do not wear face coverings, and these will be taken into consideration. If you fall in one of the categories just let me know.

Please note that the government suggests that people continue to wear face coverings in crowded and enclosed settings where they come into contact with people they do not normally meet, when rates of transmission are high. The face to face conversational element of therapy, combined with the prolonged exposure during a typical therapy session, puts you and your therapist at particular risk of transmission even with two metre distance so the use of face coverings may be appropriate to ensure the safety of the client and the therapist.

Before attending the meeting:

- if you are feeling unwell with main COVID symptoms
- if you have a positive test
- if you live in the same household as someone with COVID-19 should follow

Please stay at home, it is important that we continue to take care of each other. Contact me as soon as possible to cancel the in-person appointment, your session will revert to online (we will discuss this in your initial meetings). Should you not wish to engage with online counselling via Zoom in the instances described above (and it is absolutely fine not to do so), your session will be cancelled until such a time that we are able to return to in-person. If you are feeling unwell to attend the meeting, your session will be cancelled, contact me when you feel better. The usual cancellation policy applies (please refer to my terms of engagement).

Under those circumstances I will contact you as soon as possible (mail/text to offer online meetings if I can).

On arrival: Please hand sanitise before and after the session, there will be a hand sanitiser available in the office and at the main entrance of the building.

In the office: We will sit at a two-metre distance. In order to keep good ventilation, one window will be always open. I will clean inside the office touchable surfaces and materials before and after each session. All common surfaces (door handles, handrails etc) of the building are cleaned routinely.

Vanessa Zopp Counselling and CBT

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