**ME Therapy**

**Mary Edwards MBACP**

**Covid 19 – Practice Policy and Procedure**

I am mindful of any concerns regarding Covid-19 as a counsellor in a healthcare setting. I would like to reassure you that my practice is committed to the health and safety of all my clients and I have put in place several measures as precautions to enable me to deliver face to face counselling.

**What precautions have I implemented?**

I have a large therapy room which meets social distancing requirements of 2m+.

Alcohol based hand sanitizer is available in my therapy room.

I wash my hands thoroughly between each client appointment and refrain from shaking hands.

High frequency touch areas such as door handles are cleaned between each client with disinfectant wipes.

Tissues are available in the therapy room in individual packets. Once opened, please take them home with you.

I will leave enough time between each client appointment to thoroughly clean the room and ensure that you do not meet any other client.

**My commitment to you**

I will take precautions and regularly review my health and safety procedures in order to protect all my clients who are face to face.

If I contract Covid-19, I will self -isolate until confirmed clear of the virus and offer all sessions online if I am well enough to do so.

In relation to Covid – 19, I will be as informed as possible and try to answer any questions you may have as best I can.

**My requests**

Please arrive no earlier than 5 minutes before your allocated time, on your first session I will meet you in the driveway to show you to the therapy room.

I ask that you sanitise your hands thoroughly upon arrival at my therapy room.

The therapy room door needs to remain open during the session to ensure ventilation so please wear appropriate clothing.

I normally provide water, but under these circumstances, please can you bring your own water.

I ask that you do not visit my office for at least 14 days if you have returned from countries with outbreaks listed on this website here even if you do not have any symptoms - <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas>

I ask that you do not attend your appointment if you are unwell with any cold, cough or ‘flu like symptoms. If you do attend with any such symptoms, you may be asked to return home. The full cost of the session will still apply.

If you are experiencing mild symptoms but would like to receive counselling, I will use reasonable efforts to offer the appointment online.

We are to stay at least 2m apart at all times

**Further Resources**

[National Health Service Information](https://www.nhs.uk/conditions/coronavirus-covid-19/)

[Public Health Commonly Asked Questions](https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/)

[For People who have travelled recently or plan to travel](https://www.gov.uk/guidance/travel-advice-novel-coronavirus)

[For those who return from high risk areas](https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas)

[For those who are required to self isolate](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing/advice-sheet-home-isolation)

[European Centre for Disease Prevention and Control:](https://www.ecdc.europa.eu/en/home)
[Centers for Disease Prevention and Control](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)

I hope you will understand that these measures and precautions that I have taken are to protect all my clients as your safety is of up most importance during these unprecedented times.

I am here to support you and if you have any questions regarding COVID -19 and safety or would like to discuss it further, then please contact me.

Best wishes,

Mary Edwards

ME Therapy

Counsellors signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clients signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_­­­­­­­­­­­­­