



## **COVID Consent for Face to Face Counselling.**

I value your ability to maintain your own health during this present pandemic but the face to face conversational element of therapy, combined with the length of exposure during a typical therapy session, puts you, the client, and myself, the therapist, at particular risk. I would like you to be aware of the following before consenting to continue with face to face sessions.

- A risk assessment of all our premises has been undertaken in line with government guidelines.
- Social distancing can be adhered to in all the therapy rooms
- Cleanliness and hygiene of the therapy rooms will be maintained, but we are unable to accept any responsibility or liability for visitors contracting Coronavirus as a result of receiving counselling on our premises.
- Hand sanitiser and anti-bacterial wipes will be present at every entrance for your use and in every room and we ask that clients please bring their own water bottle if that is required.
- We ask that you please avoid touching any unnecessary surfaces on the premises.
- Please inform us and do not attend sessions if you have a temp >37.8, or a new cough or have been in contact with anyone who has symptoms.
- Only the client, and no other visitors, will be allowed on the premises for the therapy session.
- Face coverings do not have to be worn if we can maintain social distance, but I will discuss with you the risk versus possible effect on the therapeutic process and we will decide what we are both comfortable with on an individual case basis.
- Confidentiality/contact tracing: Confidentiality will need to be broken and your name and contact details disclosed to the NHS for reasons of public interest if I or another client on the premises contracts coronavirus.
- I have made a clinical will so that in the event I should catch the virus and be unavailable my co-counsellor at Maple Tree Therapy will contact you and, if you wish, offer to continue your therapy if available or refer you to another therapist.



# MAPLE TREE THERAPY



Taking the above into consideration and having considered the following:

- the needs and safety of you, the client, and myself, the therapist.
- whether other options are possible and the ethical and practical risks of any decision
- the known risk factors of age and any pre-existing health conditions for you and myself
- present government advice on social distancing
- Any risk to you or myself during the journey to and therapy sessions

You, ..... agree to proceed with F2F sessions.

Client signature..... Date.....