**INFORMED CONSENT FOR FACE TO FACE WORK DURING COVID-19**

This document contains the information to be considered regarding face to face counselling, psychotherapy or supervision in light of the COVID-19 public health crisis. Please read this carefully and let me know if you have any questions.

**Decision to Meet Face-to-Face**

Now that we have agreed to meet in person for some or all future sessions, if there is a resurgence of the pandemic or if other health concerns arise it may be required to revert to telephone or online work, ( Zoom). Please let me know if at any time you decide that you would feel safer staying with, or returning to, online services, your wishes will be considered and we can discuss whether this would be therapeutically appropriate.

 **Risks of Opting for In-Person Services**

By coming to the cabin, you need to be aware that this does assume a higher risk of exposure to the coronavirus, as other clients will also be using this space.

**Your Responsibility to Minimize Your Exposure**

For face to face work you must agree to take certain precautions which will help keep everyone safe including yourself and if appropriate your child, me, our families and other clients.

·        Please do not attend if you have any symptoms of coronavirus

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

·       If you arrive early for your appointment then please wait in your car outside until the time arranged for your appointment. I would advise that if possible parents and carers do not enter the premises and return to wait for the child in their car. **Please wear a mask to enter the premises.**

·       Please wash your hands thoroughly or use the provided alcohol-based hand sanitizer, in the toilet as you enter the building.

·        Please adhere to safe distancing precautions in the office and cabin.

·        Please keep a distance of 2 metres and avoid physical contact (e.g. shaking hands)

·        Please try not to touch your face or eyes with your hands. If you do, please sanitize your hands. This will be provided in the cabin. Once you are in the cabin it is your choice to wear a mask or Perspex head covering. I will wear a Perspex head covering unless it is requested that I do not by you or your child.

·        If you are bringing your child, please ensure your child follows all of the sanitation and distancing protocols.

·        Please take steps between appointments to minimize your exposure to COVID-19.

·        If you have a job that exposes you to other people who are infected, please let me know.

·        If your commute or other responsibilities or activities put you in close contact with others (beyond your family) please will let me know.

·        If a resident of your home tests positive for the infection, please let me know immediately and if appropriate we can then transfer the therapy to telephone or online, (Zoom).

Precautions above may change if additional local, county or government orders or guidelines related to the new three tier Covid-19 alert levels. In tier one and two this agreement will remain the same but if we enter tier three then I will contact you to talk about any necessary changes to face to face working.

 **My Commitment to Minimize Exposure**

My practice has taken steps to reduce the risk of spreading the coronavirus within the office and cabin. These have been posted on the Calm Cabin Counselling website, [www.calmcabincounselling.co.uk](http://www.calmcabincounselling.co.uk) and in the office.

**If You or I Are Sick**

I am sure that we are both committed to keeping you, me, and all of our families safe from the spread of this virus. If you have a fever or other symptoms that may be coronavirus, or if I believe you have been exposed to Covd-19, I reserve the right to discontinue our scheduled face to face appointment with a view to following up with services online if appropriate.

If I test positive for the coronavirus, I will notify you so that you can take appropriate precautions.

**Your Confidentiality in the Case of Infection**

If you have tested positive for the coronavirus, I may be required to notify local health authorities that you have been in my premises. If I have to report this, I will only provide the minimum information necessary for their data collection and will not go into any details about the reason for our visits.  By consenting to this form you are agreeing that I may do so.

 **Informed Consent**

This agreement supplements the therapeutic contract which was agreed to at the start of our work together.

**Calm Cabin Counselling Safety Precautions During the Pandemic**

On my Premises I am taking the following precautions to protect clients and help slow the spread of the coronavirus.

·        I will maintain safe distancing ( 2 metres). I will wear a mask in the house and a Perspex face shield when in the cabin.

·       In the toilet, soap and disposable hand towels will be available and everyone will be encouraged to wash or sanitize their hands.

·        Hand sanitizer that contains at least 60% alcohol will be available in the toilet, office and cabin.

·       I will schedule appointments at specific intervals so there is never client overlap.

·       I will ask that all clients wait in their cars and do not come to the premises until their agreed appointment time. Parents and carers will be encouraged to wait in their cars rather than in the office.

·        Any items and areas that are commonly touched will be thoroughly sanitized after each use.

·        Physical contact will not be permitted.

·        Tissues and rubbish bins will be easily accessed. Rubbish will be disposed of on a frequent basis.

·        Common areas including door handles and light switches will be disinfected at the end of each client session.