**Updated Informed Consent for Covid 19 and Face to Face Sessions**

**March 2022**

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

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

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

**Even with Covid restrictions lifted I will be following some preventative guidelines to keep us all safe. If there is a resurgence of the pandemic and guideline and/or enforcements change 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 going 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 meeting face to face, you need to be aware that this does assume a higher risk of exposure to the coronavirus, as others 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, me, our families and other clients.

* Please do not attend if you have any coronavirus **OR** cold symptoms .
* If you arrive early for your appointment then please wait in your car until the time arranged for your appointment.
* Please use the provided alcohol-based hand sanitizer as you enter the building.
* Please adhere to safe distancing precautions in the building.
* Please keep a distance and avoid physical contact (e.g. shaking hands)
* 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 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).
* Please bring your own water and tissues.

Precautions above may change if additional local, county or government orders or guidelines are published. If that happens, I will contact you to talk about any necessary changes.

**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 including general cold symptoms, 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.

**My Commitment to Minimize Exposure and to provide a Covid secure environment**

My practice has taken steps to reduce the risk of spreading the coronavirus. On my Premises I am taking the following precautions to protect clients and help slow the spread of the coronavirus.

I will ensure the therapy room has enough ventilation - the window will be left open to allow air flow – please wear appropriate warm clothing if necessary, the heating will be on and clean blankets/throws are available.

* I will maintain safe distancing.
* Hand sanitizer will be available in the 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 cabin until their agreed appointment time.
* Any items and areas that are commonly touched will be thoroughly sanitized after each use.
* 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.

**Additional informed consent for face to face work**

Sessions will take place in my summer house which is across the lawn. Please be aware that there may be uneven surfaces around the garden and there are different levels and steps to the summer house, let me know if you may require additional support. Due to weather conditions there may be mud and the surfaces may be slightly slippery, please wear appropriate footwear if necessary.

Apologies but there are no toilet facilities available.

**Please can I just remind** all clients not to arrive to the property too early to allow others to come and go freely and to maintain confidentiality, you can wait down the hill in the village if necessary, and can I remind you all to please stay in your vehicle until the time of your appointment.

If you have any questions please don’t hesitate to ask.

Many thanks.