



**ANDY WORKMAN**  
MINDSET SPECIALIST

## **COVID-19 Considerations**

Face to Face Therapy Sessions

Preventative Measures, Information and Advice in the wake of the COVID 19 Pandemic

### Important Information

For face-to-face sessions to take place, the following conditions **MUST** be met:

- There is no possibility of carrying out sessions remotely.
- The client is not considered to be in the extremely vulnerable category, which includes people who:
  - *have had an organ transplant*
  - *are having chemotherapy or antibody treatment for cancer, including immunotherapy*
  - *are having an intense course of radiotherapy (radical radiotherapy) for lung cancer*
  - *are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)*
  - *have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)*
  - *have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine*
  - *have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)*
  - *have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)*
  - *are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)*
  - *have a serious heart condition and are pregnant.*
- The client & practitioner have not experienced any Covid-19 symptoms in the past 7 days.
- Nobody in either the client's or practitioner's household has experienced any Covid-19 symptoms in the past 14 days.
- Neither the client or practitioner have been asked to self-isolate as part of the UK Government Test & Trace program within the last 14 days.

You will be asked to sign a declaration at the start of your session to the effect that you understand and agree to comply with all of these conditions.

## **Understanding Your Risk**

We must acknowledge that conducting face-to-face therapy will always pose an increased risk to both parties, compared with conducting therapy remotely (online or by telephone). By choosing to meet in person, we are, of course, increasing our number of 'contacts' (defined as face-to-face contact with someone for more than 15 minutes) and therefore increasing our risk of becoming infected with COVID-19.

- If you are in a 'moderate' risk group, you acknowledge that this means face-to-face therapy may cause an increased risk to you if you were to become infected with Covid-19.
- If you are travelling for a face-to-face appointment using public transport or travelling with anyone from outside your household, you acknowledge that this can increase your potential risk of transmission of Covid-19.

## **Attending Your Appointment**

- If you become unwell before your appointment please let me know as soon as is reasonably practical.
- Please arrive at your allotted appointment time, not in advance. If you arrive early, please wait outside and observe social distancing & personal protective measures.
- There is strictly no waiting or lingering allowed within the Consulting Room.
- Clients must attend their appointments alone, other than in the case of 1 parent accompanying a child (under 16 - and by prior mutual agreement).
- You MUST use the hand gel provided at the entrance.
- On arrival, your temperature will be taken using a non-invasive, hand held thermometer. Any sign of a raised temperature will result in the appointment being postponed (without charge) until your health is checked by a medical professional and your temperature normal.
- Please respect social distancing measures within the Consulting Room - be patient and allow sufficient space and time to ensure a sufficient gap is maintained between yourself and others wherever possible.
- You MUST use a face covering throughout the appointment, unless medically exempt (proof of exemption will be required on your first visit). If you do not have a face covering or you forget to bring one with you, a disposable mask will be provided and the cost of £1.00 added to your charge for the session.
- Please bring your own drink if required.
- Please ensure you take everything with you, including all rubbish - you may wish to carry disposable bags for used tissues
- If using the toilet facilities, please ensure you follow government hand-washing guidelines.
- You may wish to bring your own hand gel for added protection.

## **Your Personal Data**

As ever, the sessions and any information shared remain confidential however, in the interest of your own safety, that of your household and in the interests of the wider public health, your contact details may be shared with the NHS if I (the therapist) or someone I have come into close contact with has tested positive for COVID-19.

Your reason for being in contact with me (for therapy) or any details relating to it would not be disclosed.

You will be required to sign a declaration to acknowledge that you attend any face to face sessions AT YOUR OWN RISK and that I, Andrew Workman, cannot be held responsible or liable in the event of your contracting the COVID-19 virus or any other condition or ailment.

I reserve the right to cancel, rearrange or terminate sessions if the guidance herein is not observed or complied with.