



Coronavirus (COVID-19) Infection Prevention & Control Policy

On June 19th 2020 the COVID-19 alert was reduced to Level 3, allowing some services to re-open.

In light of this and the response of the BACP, I am pleased to be able to once again offer face to face sessions from 6th July 2020.

This is however at your discretion and if you feel uncomfortable returning then we can continue with online sessions for the time being.

My priority is the health and safety of my clients (and self), in light of which I will be implementing the changes outlined in this document.

Appointments

- If I or anyone in my household has symptoms of COVID-19, I will self-isolate and if well enough, will return to holding online sessions.
- Likewise, If you or any of the people you live with display any symptoms of COVID-19. Please let me know as soon as possible rather than attending in person.

Attending your appointment

- In order to keep you safe and maintain social distancing, please arrive as close to the appointment time as possible. In this way you will avoid contact with other clients who may be just leaving.
- I will provide hand sanitiser and ask that you use this upon arrival, and on leaving if you wish. I will disinfect common surfaces such as door handles, but understand if you wish to wear gloves as an additional precaution.

Changes to the therapy room.

- I will have windows open to improve airflow, so please bring a layer to put on if you think you may be cold.
- Until such a time as the alert level is further reduced, I will not be providing tissues for clients, so you may wish to bring your own.
- Neither will I be working with stones, cards or any other objects. Cushions and blankets will also be removed from the room.
- There is currently no common understanding of how long, or indeed if, the virus can live on fabric. However, you may want to wear long sleeves to ensure there is no skin contact with the chair in which you sit.

EMDR

- In order to adhere to the 1m rule, I will not be using tapping or “finger wagging” for EMDR work. Instead I will continue to use the techniques that we may have been working with online.

Payment

- Payment will continue to be by monthly invoice and so the use of cash is avoided.

Agreement

I agree to return to face to face sessions

I recognize that reasonable precautions to minimize infection have been taken, but that I return at my own risk. Johanna Sartori cannot be held responsible if I, or anyone I live with, contract Covid-19

Name.....

Date.....

Signature.....