

Sea Hope Counselling and Therapies: Safer System of Counselling

Activity: Counselling in a therapy room environment

Generic Known Hazards: Viral infection and spread of COVID 19

Specific Hazards: Therapist and clients moving around and utilising Sea Hope therapy room

Generic Safe Working Practices:

1. Clients must be suitably briefed on infection control and this 'safer system of counselling'
2. Only designated Sea Hope counsellor and identified associates shall work at site and only those vital for its operation
3. Vulnerable clients identified by 'high risk questionnaire' conducted by staff on first client contact. High risk clients should not have Counselling in areas where infection may be a risk
4. Counsellor is not to have any solitary direct contact (within 2 meters without control measures) with infected or potentially infected clients, areas or equipment.
5. Hands must be washed regularly (for a minimum of 20 seconds) using soap, hot and cold running water and disposable paper towels.
6. Alcohol hand rub should be used where hand wash facilities are not immediately available - but should not be seen as an alternative to hand washing
7. Sea Hope Counsellor and clients to follow recently issued guidance if they develop Covid-19 compatible symptoms while away from the therapy room.
8. The therapy room should support the current guidance of social distancing – specifics of which will be identified on the door.
9. Any requests or instructions by the client or others that contradict the above controls or appear unsafe must be discussed immediately, potentially leading to a cancellation of the session or an alternative type of session can be organised.

Unit Specific Safe Working Practices:

1. Counsellor to follow 2-meter rules of social distancing
2. Counsellor to follow guidance posted on office doors of agreed safe numbers
3. Counsellor to wear PPE in other areas or activities inside. Mask only to be removed when 2 meters distancing and the use of a screen between individuals is utilised
4. Hand wash facilities available and used regularly, for at least 20 seconds with advised soap and hot and cold water
5. No Food or drink to be offered by counsellor to clients. Clients may bring own drink, but no food.
6. Office cleaning standards – Regular cleaning of doors, switches (contact points)
7. Counsellors and clients to travel directly to their therapy room, avoiding discussions in hallway and in door ways

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