

Elizabeth Tuohy MBACP  
Be Well B U Counselling Service  
Broughton Astley, Leicestershire  
mobile: 07518156247  
email: [elizabethtuohy15@gmail.com](mailto:elizabethtuohy15@gmail.com)  
website: [www.bewellbu.co.uk](http://www.bewellbu.co.uk)

## **CORONAVIRUS SAFE WORKING PRACTICE**

In light of the current Covid-19 pandemic I have put together some information about the way I will be working during this difficult period of time.

### **FACE to FACE sessions**

#### **Steps I am taking based on existing advice:**

- Front door and therapy room door will be open and I will be awaiting arrival of clients to enable clients to enter the property without touching the door knocker or door handles. Clients will be directed to their seat.
- Clients asked to attend appointments alone unless they need help from their carer.
- Request clients bring their own water in a water bottle.
- Request clients bring their own pen.
- Hand washing facilities available for clients with paper towels and hand sanitiser.
- Practise social distancing. Keep at least 1 metre away from clients (ideally 2 metres for extended periods, i.e. over 10 minutes). Avoid hand-shaking or other physical contact.
- Wash hands thoroughly before and after each client.
- Regularly disinfect door handles, hand-rests of chairs, computers, laptops, phones, writing implements etc between clients.
- Make sure tissues are available to clients so they can practice the mantra “catch it, bin it, kill it”. Pre-divide tissues into batches so that clients are provided with their own portion (don't have one central box of tissues that could become contaminated).
- Ask clients to take any used tissues with them on leaving the session.
- Air out the consulting room between sessions where possible by opening windows etc.
- I have completed a course with Jennifer Young - the Control of Cross-infection in a Post-COVID-19 World and I am now infection control qualified.
- Using my judgement: if I have any doubts about my own health or that of a client, taking the appropriate steps. This may include self-isolation, sign-posting clients to resources such as NHS111 or PHE, and notifying other individuals who I may have been in contact with (or who may be affected). If I contract COVID-19 I will let clients know and inform them that I may be asked to provide their details to the relevant authorities for contact tracing.

## **On-line counselling via Zoom and telephone counselling**

I am experienced in telephone and online counselling and I am a certified practitioner. I use the platform zoom for online counselling. I have prepared a separate document giving more information regarding working online and over the telephone safely.

No one else has access to the applications that I will be using to work online.

### **ALSO:**

I do not want you to feel compelled to break self-isolation to come to a session or to have an on-line session if you are feeling unwell or it may be inappropriate for you to do so. For example if other adults or children are at home causing a risk to the confidentiality of the sessions.

If you are cancelling a session with short or little notice due to feeling unwell charges will not be incurred.

### **Below is an extract from BACP's Ethical Guidelines:**

"1. As a counsellor we take responsibility for our own wellbeing as essential to sustaining good practice with our clients by:

- a. taking precautions to protect our own physical safety.
- b. monitoring and maintaining our own psychological and physical health, particularly that we are sufficiently resilient and resourceful to undertake our work in ways that satisfy professional standards.
- c. seeking professional support and services as the need arises.
- d. keeping a healthy balance between our work and other aspects of life.

If I find myself unable to commit to sessions for the immediate future, I will make sure that clients are informed and will endeavour to support them to make provisions for their ongoing support in my absence.

