



Katie McGill Counselling & Psychotherapy Covid-19 Policy

Face-to-face therapy sessions

By choosing to attend face-to-face therapy sessions, you are accepting the risk of exposure to Covid-19 (or other public health risks). This risk may increase if you travel by public transport. If you decide at any time that you would feel safer continuing online, I will honour that decision as long as it is practical and clinically appropriate.

Whilst there are no Covid-19 restrictions in the UK, I encourage you to avoid attending a face-to-face appointment if you are displaying any Covid-19 symptoms, or if you think you have been exposed to other people who have tested positive for Covid-19 in the last 7 days. If you are concerned about attending a therapy session due to Covid-19 symptoms / a positive Covid-19 lateral flow test, please get in touch in advance of your session to discuss the best course of action.

I hope that the following information reassures you that every step has been taken to ensure your safety. If you have any questions or concerns in relation to this document, please do not hesitate to contact me via email:

contact@katiemcgillcounselling.com.

For more information on Covid-19 in England, visit <https://www.gov.uk/coronavirus>.

Office safety measures to minimise the spread of Covid-19

- A limited number of people access the therapy office each day. I am the only person who uses the therapy office on the days that clients attend. I generally see no more than 4 clients a day.
- Office seating in the therapy office has been arranged for appropriate physical distancing (2 metres apart).
- Alcohol-based hand sanitiser is available for clients to use.
- Appointments are scheduled at specific intervals to ensure effective cleaning of the therapy office between clients.
- I am happy for you and I to wear a face covering, if this would make you more comfortable. A disposable mask can be provided for the session.
- Tissues will be provided. A pedal rubbish bin can be easily accessed and will be emptied between each client.
- The office is regularly cleaned between clients.
- The office will be well ventilated between each client. At your request, the office door can be kept open during our session for additional ventilation. Please be aware that this may reduce the confidentiality of our session.
- To minimise physical contact, I no longer offer refreshments. Please feel free to bring your own water in a bottle or tea/coffee in a flask with a lid.
- To avoid additional physical contact, the side gate entrance will be left open for you to attend your appointment. Please do not arrive early for your appointment, as the gate will be closed.
- Please note there is no access to toilet facilities, except in an emergency.

Please note that these precautions are subject to change if additional local, or government guidelines are published. We will talk about any necessary changes and come to an agreement that works for both of us. If there is a resurgence of Covid-19 cases or if other health concerns arise, I may require that we meet online to protect our safety. If you have concerns about meeting online, we will discuss this and find a solution that works for both of us.