



# John Earl Counselling

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## COVID-19 POLICY

### Face to Face Counselling

I have written these guidelines to assist my clients in order to comply with current government guidance, and to take all possible steps to minimise the risk of exposure for both myself and you, my client.

This policy has been prepared following advice from my member body the National Counselling Society.

### My Commitment to You

All premises that I use will be sufficiently ventilated where possible and the room will be set out to ensure a sufficient distance of 2 metres between us during our sessions.

Surfaces and door handles will be sanitised between each session.

If you wish me to wear a face covering in session, please let me know and I am happy to comply. Please bear in mind however that this may interfere with the free flow of communication between us.

### What I Request from You

On arrival at the building, I ask that you wear a face covering, if possible, in order to give consideration to other people using the building although there is no legal requirement for you to do so. You may remove this when you are in the counselling room with me, or you may continue to wear it in session if you feel safer doing so.

I will ask you to sanitise your hands upon arrival and I will provide sanitiser for you to use.

Please bring your own drinks bottles or tissues if required.

### Please Be Aware

If Government advice changes in the coming months, then it is possible that face to face meetings will be cancelled for a temporary period. This would mean that your sessions could be liable to postponement or disruption. You will be offered the alternative of continuing by phone or video counselling.

Future sessions will be postponed if you or I are advised for any reason to self-isolate, or if we have any symptoms of a cold, cough, respiratory issues or a raised temperature. If you are diagnosed with Coronavirus then the NHS will require that you divulge a list of people

that you have come into contact with. In the event that I am diagnosed I will have to inform the NHS of my contact with you.

If at any time you are forced to cancel your sessions with me due to the above, then my normal cancellation policy will still apply.