

Louise Massetti MBACP

Resuming Face to Face Counselling and Staying COVID-19 Secure

I confirm that I have complied with the Government's guidance on managing the risk of COVID -19

● FIVE STEPS TO SAFER ● WORKING TOGETHER

- ✓ I have carried out a **COVID-19 risk assessment** and shared the results with my Supervisor
- ✓ I have **cleaning, handwashing and hygiene procedures** in place and in line with guidance
- ✓ I am also able to provide online or telephone counselling sessions for client's who still **prefer to do so remotely**
- ✓ I have taken all reasonable steps to **maintain a 2m distance** during our counselling session
- ✓ Where people cannot be 2m apart, I have done everything practical to **manage transmission risk**

Louise Massetti.....

27th June 2020

To contact me directly, please email me: louise@massetti.co.uk or telephone: 07447 133 014

www.bacp.co.uk or the Health and Safety Executive at www.hse.gov.uk or telephone 0300 003 1647)

The Health and Safety of my clients and myself is of paramount importance

As the risk of coronavirus infection reduces and the Government continues to allow businesses to reopen, I am pleased to say that after conducting a detailed risk assessment and review of current guidance, I am now able to restart face to face sessions with those clients who prefer to do so.

I am fortunate to have a counselling suite that is large enough and comfortably allows for us to sit 2m+ apart, and being located on the upper floor of a building in the heart of Newport Pagnell, the windows can be opened to ensure good airflow.

Please note, that whilst I have taken all reasonable steps to mitigate the potential risks of face to face counselling, I have chosen not to wear a facemask during sessions, if this is not acceptable to you, then we will be unable to proceed with face to face counselling.

My risk assessment is in two parts

1. Before we meet, I will ask you to complete a questionnaire regarding your potential risk of previous exposure to COVID – 19, and this will need to be returned 24 hours before the session commences.
2. When we do meet, and during the counselling session, there are certain things we must do to ensure we minimise the potential risk of transmitting any infection.

Before we meet

24 hours before we meet, I will require you to confirm (by completing the attached questionnaire), that you have not been exposed to, nor experienced any of the main symptoms associated with the coronavirus.

The main symptoms of coronavirus are (as detailed on the NHS website)

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms and for further information, please follow this link to the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

What to do if you have symptoms?

If you have any of the main symptoms of coronavirus:

1. **Stay at home (self-isolate)** – do not leave your home or have visitors. Anyone you live with, and anyone in your support bubble, must also self-isolate.
2. **Get a test** – get a test to check if you have coronavirus as soon as possible. Anyone you live with, and anyone in your support bubble, should also get a test if they have symptoms.