

Our Counselling Client Contract – COVID-19 In Person

Counselling Works

I work in a relational, psychodynamic, and humanistic practice. Honest, open dialogue and relationship are key to the process. I believe that you are your own expert in the issues and concerns that you bring, and in your own reality. Any information that you share with me is your free choice, you are under no obligation to do so, and you may begin, end, or return to our work at any time.

Many people come to counselling in difficult individual circumstances. It is the nature of the work. This COVID-19 document, about **starting to work in-person again from 15th June 2020**, reflects my humanistic practice, professional approach, and ethical responsibility.

I am following BAG guidelines and any future change, i.e. a future 2nd wave tightening of the rules, may influence my ability to offer in-person sessions. I will keep you posted of any change.

Protecting Yourself and Others

I work with many vulnerable and at-risk people, often with a reduced immune system. Sometimes, the only thing that feels safe in their lives is their weekly session with me.

As always, I ask that if you have (or suspect that you have) a communicable condition like COVID-19 virus, that we work online until you feel clear, even though I am re-opening for in-person work.

This will protect you and others.

I am required to keep in-person contact details as part of the current BAG regulations to be open for in-person sessions. This is also part of my regular professional compliance.

COVID-19 contact-tracing is currently an optional opt-in, and not a legal requirement, here in Switzerland. As per our 'Working Together' contract, in the event of any future outbreak and contact-tracing detail sharing consent being needed, then I will inform you as necessary.

Practice Room Precautions

In addition to the usual comforts and frequent cleaning of my practice room, I will be providing:

- Hands-free door openers;
- Hand sanitising fluid;
- Single-use paper-towels, wipes, and water-cups;

- Single-use face masks (*optional use*);
- A transparent, movable, floor-standing, Perspex 'breath shield' (*optional use*).

I am fine to work together in-person with face-masks or not. However, the experience is not optimal, and you may wish to either meet without them or continue online instead. Disposable face-mask supplies can be limited so, if you choose to bring your own with you then that would be very much appreciated.

I'm always happy to have windows open or closed, and my Dyson air-recycler heater/cooler on or off, just as you prefer.

To ensure adequate distancing, please do not arrive more than a few minutes before your session.

In-Person or Online?

I would appreciate if you could confirm, better in our next session or fallback via email, whether you will be joining me in-person **from 15th June 2020**. Please also let me know any particular requirements that you may need - or whether you choose to remain online for the time being.

Best Wishes,
Ian