

The Association for Dance Movement Psychotherapy UK

Guidelines for Face to Face Therapy

People who can work from home you should continue to do so- gov.uk

Minimising infection

1. Social distancing: The Government's current Guidelines on social distancing is to stay 2 meters apart. This needs to be in force throughout all sessions / meetings etc.
2. Temperature checks: before starting any sessions/meetings it is advised to take your own temperature and the temperature of your client. If yours or your client's temperature is above 37.8C, this could be a symptom of coronavirus (COVID-19). The session should not go ahead.
3. Feeling unwell: If at any point in the session you or your client begins to feel unwell, the session should end immediately.
4. Sanitise: Where possible make sure you are wearing clean clothes when entering a session and sanitise your hands before and after any sessions.
5. It is also important to ask your client to sanitise their hands before and after their session.
6. Group therapy: When working with groups try to keep group sizes as small as possible, ensuring social distancing between all group members.
7. Government guidance: If anyone in your 'bubble' becomes unwell, let your clients/ organisation know as soon as possible and then self-isolate for 14 days. If you yourself show symptoms notify your clients/ organisation and get a test immediately. If positive, follow government guidelines of self-isolation (currently a minimum of 7 days).
8. The use of touch: No touch to be used in sessions.

9. Face Coverings: Face coverings are recommended by The Government, when keeping 2 metres distance is not possible. UKCP have been advised from The Department for Health and Social Care, that therapists and clients should wear face coverings during in-person therapy. This is for the protection of the clients/ service users and to protect therapists. It is important to understand some people may feel less comfortable than others.
10. The Department for Health and Social Care have advised UKCP that, for their own protection and the protection of therapists, clients/service users should wear face coverings during in-person therapy
11. Appointments: Ensure appointment times are staggered to allow you have enough time to disinfect props/ wash hands / door handles etc. before your next client arrives.

Procedures

1. Client Contracts: Consider including or adding COVID-19 regulations to your client's consent form/ contract agreeing to follow: social distancing rules, hand washing/ sanitising and sickness procedures.
2. Working face to face: Review the differences of working face to face regarding COVID-19. Have this conversation with your client, it is important both parties are aware of the potential differences in dynamics and how the sessions will be changing so clients know what to expect.
3. Companies / Organisations: If working within a company or organisation, make sure you and your clients are familiar with the building's guidelines around COVID-19.
4. Provide: It is yours and your organisation's responsibility to provide antibacterial hand wash / antibacterial wipes, and for these to be available for clients to use in all sessions.
5. Private Practice: Ensure that you deep clean your therapy space prior to sessions starting back up again.
6. Track and Trace: Organisations in certain sectors should collect details and maintain records of staff, clients and visitors on their premises to support NHS Test and Trace. for more information please visit: <https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>

Safety Precautions

1. Wash / sterilise: Ensure props are washed after every use to minimise cross contamination between clients. It is your responsibility to wipe down any props that have been used by yourself or your clients.
2. A Government risk assessment: downloaded via <https://www.hse.gov.uk/pubns/indg163.htm>
3. Vulnerable individuals: Working with a vulnerable individual or group; It is advised to take particular care to avoid contact with the following:
 - Pregnant women
 - People 70 and over
 - Anyone with underlying health conditions
4. Vulnerable individuals: Be aware of your client's current situation: if your client lives with a vulnerable individual considering if it is safe for face to face therapy to go ahead.
5. Travelling to work: When traveling to work avoid public transport if possible. If using public transport is necessary, wearing a face covering is mandatory (unless you are exempt for health, disability or other reasons).
6. Enclosed office spaces: When working in an enclosed space ensure there is ventilation where possible – e.g windows open.
7. Updates: Ensure you keep up to date with changing Government Guidelines via <https://www.gov.uk/coronavirus>