



Phoenix Therapy Practice

Adult, Child, Couples and Group Psychotherapy, Counselling and Psychological Services.

CORONAVIRUS COVID-19 POLICY UPDATE

Making Phoenix Therapy Practice a COVID 19 safe environment

Following the government's decision to end all legal Covid restrictions in England, we are implementing the following measures at the Phoenix Centre to make our environment as safe as possible and reduce the risk of COVID 19 transmission for clients and therapists. **We expect all therapists and clients to be aware of and follow these measures.**

1. Please do not come to the centre for a minimum of 7 days if you have any covid symptoms.
2. If you have tested positive for covid, do not come to the centre for a minimum of 7 days **and** after you have tested negative for 3 days.
3. If you have had contact with a covid-positive person within the last 7 days who is **not part of your household**, please do a lateral flow test before coming to the centre.
4. If someone in your household has tested positive for covid, do not come to the centre until your household member has tested negative for 3 days and you are also testing negative.
5. Please do a lateral flow test if you are waiting for someone you have been in contact with to confirm if they have tested positive.

We recommend that anyone who feels particularly vulnerable may wish to discuss the option of online work with their therapist.

Using the building

On entering the building everyone should sanitise their hands – sanitisers are located in the entranceway.

For your own safety, we recommend everyone wears a face mask on arrival and in all public shared spaces.

When using the toilets everyone will use the hand sanitiser located outside the toilets before and after in addition to washing their hands.

Clients

We ask that all clients arrive for their session on time – **there will be no waiting area.** On arrival clients should head straight to the therapy room.

We ask all clients to leave the centre immediately after their session has finished – using the toilet is fine provided correct sanitary precautions are followed.

Therapists

We ask therapists to ensure there is 2 metres distance between the chairs in the therapy rooms.

Therapists are also responsible for ensuring the room is ventilated by opening windows where this is possible and operating the ventilation units.

Face Masks

Face masks are not essential in the therapy rooms as the chairs can be placed 2 metres apart enabling sufficient social distance between client and therapist. However, each individual therapist and client will have their own risk factors, needs, and wishes to consider. As such, all therapists will discuss with their clients and reach agreements as to whether face masks are worn or not in the therapy sessions.

Room sanitation

There are ventilation units in every therapy room, which will remain on throughout the session, cleaning the air. In between sessions these will be turned up, so that the air is sanitised between clients.

Updated 5th August 2022