



Phoenix Therapy Practice

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

Covid and Illness Policy

Making Phoenix Therapy Practice an illness safe environment as far as possible.

1. Please do not come to the centre if you have tested positive for COVID or have any other symptoms of illness. We encourage you to attend your session, if you are feeling up to it, via zoom as an alternative until you are feeling better.
2. If you have tested positive for COVID do not come to the Centre until you are testing negative.
3. 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 please sanitise your hands – sanitisers are located in the entranceway.

When using the toilets please use the hand sanitiser located outside the toilets before and after in addition to washing your hands.

Clients

There are chairs available for clients to use whilst waiting for sessions. Please do not arrive more than ten minutes before your session is due to start and please do not stand outside the counselling rooms. The chairs are located at the top end of the building.

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.

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