

It's important to remember that whilst restrictions are being slowly lifted that COVID-19 is still a highly transmissible so we all need to adhere to the government guidelines which encourages people to 'work from home where they can'. Online sessions will therefore continue to be offered as the first line of therapy (for more information about these please see my website's policies/procedures) [https://0ec8d624-ed93-4cc8-a0c1-6d3b73adadae.filesusr.com/ugd/028911\\_b4675cb616354f80be967eac9e2c5a7c.pdf](https://0ec8d624-ed93-4cc8-a0c1-6d3b73adadae.filesusr.com/ugd/028911_b4675cb616354f80be967eac9e2c5a7c.pdf). However, I am able to make individual decisions to resume face to face appointments if working remotely or postponing sessions is having a **detrimental effect to a person's wellbeing/welfare**. For face-to-face appointments to occur, the following guidance will need to be observed:

1. Both my household and your household are asymptomatic for the coronavirus and have been for 14 days
2. The health risk factors for me and you (especially those connected with age, pre-existing health conditions, and so on) are discussed/considered
3. We continue to follow current government guidelines <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>)
4. We are able to maintain distancing at all times and we can meet somewhere private and confidential
5. We both wash our hands (and/or use hand sanitiser) before and after the appointment and refrain from shaking hands and/or any other physical contact
6. We ensure that any potentially touched surfaces are cleaned before and after the session (door handles etc.)
7. We will need to have our own supply of drinking water and tissues to use so we avoid potential contact and can keep to distancing measures
8. We understand that sessions could be liable to postponement or disruption on a temporary basis if the guidance from the government changes or if either of us (or anyone in our households) are advised medically to self-isolate, or have any symptoms of a cold, cough, respiratory issues, a raised temperature, or are diagnosed with COVID-19.
9. If I am diagnosed with coronavirus the NHS will require that I divulge a list of people that I have come in contact with. In such circumstances I will therefore need to inform the NHS of my contact with you / your household – if this is the case, I will of course keep you informed.
10. This advice is superseded at all times by Government/NHS advice, the law and is subject to change at short notice.

Please get in touch if you want to discuss this further.

With kind regards,



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