

COVID-19 SAFETY POLICY

PLEASE TAKE A MOMENT TO READ THIS IMPORTANT MESSAGE – THANK YOU!

In line with Government, Public Health England, The Complementary & Natural Healthcare Council and other professional bodies' advice, Jo has carried out a risk assessment of the We Should Talk Hypnotherapy Clinic in order to safeguard her clients and herself. As a result, the following safety precautions have been put in place to minimise risk for clients and Jo:

- Clients are asked to arrive at the premises wearing a **mask**. Jo will also wear a mask.
- Clients are asked NOT to bring family or friends to the premises with them and there will be no hand shaking.
- Clients will be asked to use the **hand sanitiser provided** on entering the premises and endeavour to stay at least 1m+ apart before entering the Therapy Room.
- Once comfortably seated in the Therapy Room, at least **2 metres away from Jo**, so social-distancing can be observed, masks can be removed if the client feels comfortable.
- Sessions exceeding 1 hour will NOT be available for the time being.
- At the end of the session, masks should be put on before leaving the seats.
- All hard **surfaces or equipment will be sanitised** between clients and good hygiene practices will be maintained.
- Separate batches of tissues will be issued for each client requiring them to avoid cross-contamination and clients will be responsible for their own used tissues as waste paper bins will be removed.
- **Payments can be made remotely** by credit or debit cards via a secure text link, direct bank transfers are also welcomed (bank details available on request). Clients who prefer to bring cash should ensure it is the exact amount please.
- Clients will be offered the option of **taking sessions online** if they are shielding or feel more comfortable working that way.
- Clients are asked to **cancel any sessions if they are unwell** in anyway (including hayfever), have taken a flight in the last 14 days or have had contact with someone suffering from the Coronavirus. (Short notice cancellation penalties will not be charged in these circumstances).
- All current **confidentiality** policies remain unchanged except that, by attending a hypnotherapy session with Jo, the client is deemed to have accepted that Jo may be required to provide contact details to the Government Track & Trace Team if necessary.

It is hoped that these safety measures will help protect clients and enable them to feel as safe and comfortable as possible during hypnotherapy sessions in these challenging times. As you will appreciate, this global health crisis is moving quickly and guidance is ever-changing, so Jo will endeavour to do everything she can to support clients and will update this policy as needed.

Please don't hesitate to contact Jo for a chat if you have any questions and, in the meantime, stay safe and look after yourselves and your loved ones.