

## An additional contract agreement

### Between

'Counsellor'

Dilnia Horton whose address is [41 Abbeville Road,  
London SW4 9JX ] and [ 28 Emba Street, SE16 4P ]

---

'Client' (*name, address and email*)

Partner no 1 : .....
Partner no : .....
Address: .....
.....
.....
Email: .....
Tel : .....

As you will have heard in the news, the **Covid-19** (Coronavirus) is continuing to spread, further new cases have been reported in the UK.

Why would you need counselling at this time?

You still need the emotional support regardless of what's happening in the wider world, and maybe because of it.

Things that brought you to therapy in the first place may still be there and we can continue to work on them

Being in isolation can bring its own emotional challenges and increase anxieties, so it is important you have the support you need during this time.

In order to minimise the risk, for you and your families I have decided to temporarily move to a phone or zoom support service.

I am working towards a full Zoom and phone support service by Monday 23<sup>rd</sup> March

Zoom is a safe secure internet platform on which we can see each other and talk in a face to face way.

I recommend when using on-line Zoom face to face sessions you use headphones.

I also recommend you have a pen/colours and paper/journal available when we have your sessions.

You will need to download Zoom to your laptop/pc.

To have face to face your pc/laptop will need to have a camera.

When we book your session this way, I will send you a secure link for you to join me at the agreed time.

[www.zoom.us](http://www.zoom.us)

Please see their privacy policy.

<https://zoom.us/legal>

**So, what does this mean for your counselling sessions?**

You will receive the same emotional support and understanding during your sessions.

You will still have the safe space to explore your thoughts and feelings inn regard to any issues you may have.

We will still adhere to our original contract in relation to terms and conditions, regarding confidentiality and safeguarding.

You should be aware that I cannot guarantee confidentiality from your location. The responsibility for this rests with yourself.

Should you not wish to have phone or Zoom support from myself, we can discuss this and can put your sessions on hold until further notice.

All notes made during and after sessions where appropriate are kept securely in accordance with **GDPR**

**Fee**

The Client must pay a fee for each session of £[100.00]. The fee is payable a week in advance of prior to the session by BACS transfer to Lloyds Bank, Sort Code: **30-93-73**, account number **28419868**.

Please be aware I cannot guarantee your name will not appear on my bank details. However, wherever possible I will endeavour to keep this information private.

Please confirm you have read and fully understand all the information provided. Please sign indicating your understanding and agreement.

Client; ..... Date.....

Client; ..... Date.....

Counsellor; ..... Date.....

**Coronavirus information**

The primary route of infection is close proximity to an infected person either through shaking hands/hugging/kissing or if the infected person fails to follow good hygiene practices and the infection is transferred through droplet transmission either directly due to close proximity to sneezes/coughs or transfer to a common surface like handrails and door handles.

The best protection remains a high standard of hygiene.

- Wash your hands well with soap and water before eating, drinking or touching your face.
- Carry hand gel if possible and surface wipes when you are travelling or when you may not be able to get to hand-washing facilities.
- Regularly clean your phone and other handheld devices.
- Carry tissues and catch any cough or sneeze – avoid infecting others.
- Bin tissues immediately.
- Wash your hands immediately – avoid transferring the infection to common surfaces

If you have any concerns, you should call your GP follow their advice or call NHS111 to discuss any concerns.