

# COVID 19 Response and responsibilities

## Resources for therapists



### Useful websites

<https://www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.onlinetherapyinstitute.com>

<https://blog.zoom.us/wordpress/2014/09/04/complete-guide-secure-zoom-experience/>

<https://www.cci.health.wa.gov.au/Resources/Overview>

<https://theconversation.com/au/topics/anxiety-790>

<https://theconversation.com/au/topics/cognitive-behavioural-therapy-4964>

<https://theconversation.com/au/topics/cbt-4586>

### Interesting articles

<https://www.madinamerica.com/2020/03/anticipating-psychological-consequences-covid-19-quarantines/?fbclid=IwAR11qV2-PHiXS3h2rqAM3xTcQmcsdAd52IYpwrxyWE1Jm3JuPYjoypci13k>

<https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8>

<https://australianchildhoodfoundation.cmail19.com/t/d-l-mjyhua-fjdhuykx-r/>

### Ethical guidelines for online delivery

PACFA Code of Ethics Melbourne, Psychotherapy and Counselling Federation of Australia (2017): particularly read 2-g page 9

BACP Good Practice in Action 047 Fact Sheet: Working Online in the Counselling professions <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/good-practice-in-action/gpia047-working-online-fs/>

<https://www.bacp.co.uk/media/2045/bacp-competences-for-telephone-ecounselling.pdf>

UKCP Guidelines for the use of online training <https://www.psychotherapy.org.uk/wp-content/uploads/2018/10/Online-Training-Guidelines.pdf>

Pope, Kenneth S; Vasquez, Melba JT, Ethics In Psychotherapy And Counseling : a Practical Guide, Hoboken, N.J. : Wiley, 2016. (Chapter 11)

## Resources for young children & adolescents

<https://www.mindheart.co/descargables>

[https://higherlogicdownload.s3.amazonaws.com/AMERICANTELEMED/618da447-dee1-4ee1-b941-c5bf3db5669a/UploadedImages/Practice%20Guideline%20Covers/NEW\\_ATA%20Children%20&%20Adolescents%20Guidelines.pdf](https://higherlogicdownload.s3.amazonaws.com/AMERICANTELEMED/618da447-dee1-4ee1-b941-c5bf3db5669a/UploadedImages/Practice%20Guideline%20Covers/NEW_ATA%20Children%20&%20Adolescents%20Guidelines.pdf)

Staying connected to children <https://australianchildhoodfoundation.cmail19.com/t/d-l-mjyhua-fjdhuikx-y/>

## Books

Anthony, K. & Nagel, D.A. (2009). Therapy Online: A Practical Guide. Sage.

Evans, J. (2009). Online counselling and guidance skills: A practical resource for trainees and practitioners. London: Sage Publications.

Lemma, A (2017) The Digital Age on the Couch. Routledge

Suler, John, (2016) Psychology of the Digital Age. Cambridge University Press

Weinberg, H, & Rolnick. A. (2019). Theory and Practice of Online Therapy. Routledge.

Weitz, P. (2014). Psychotherapy 2.0. Where psychotherapy and technology meet. Routledge

Wilson Reid, PhD & Lyons Lynn, MSW, 2013, Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children hcibooks.com , USA.

## Physical steps to take in your consulting room

[https://www.zynnyme.com/blog/2020/3/12/covid-19-plan-for-therapists-questions-answers-and-guidelines?fbclid=IwAR3bduXyI\\_P44W5n\\_IPbzBKNdFD03I4DzlSRfkjWfxXJ-SoeT4lrbUdJWwc#ethics](https://www.zynnyme.com/blog/2020/3/12/covid-19-plan-for-therapists-questions-answers-and-guidelines?fbclid=IwAR3bduXyI_P44W5n_IPbzBKNdFD03I4DzlSRfkjWfxXJ-SoeT4lrbUdJWwc#ethics)

You still may be in your office or have recently seen clients. This is what is being recommended.

- Remove non-essentials from the waiting areas- magazines, books, etc. give individual packages of tissues.
- Make hand sanitizer available to all staff, clients, and yourself
- Wash hands after each session
- Make a checklist of surfaces to wipe down at the end of the day and beginning of the day
- Consider single package tissues during times of high risk.
- Post a hand washing policy
- Post an illness policy for your practice on the front door
- Send your illness policy to your clients
- Check in on high-risk past clients
- Consider outdoor sessions
- Avoid high fives, hand-shaking or hugs
- Record a video for your clients about the changes in your practice
- Record a video for your clients about how to manage the current stress
- Consider offering virtual support groups as a way to meet the needs of your clients
- Utilize video training with [loom.com](https://loom.com) to onboard your clinicians and clients onto how to utilize the software for telehealth sessions

## Specialist client groups

[Can I do telehealth or play therapy with young children and adolescents?](#)

The real answer is, it depends. In some cases, working with the parent providing direction and coaching makes the most sense, in other cases working with the child via telehealth could be beneficial. [Here is a review of research and literature related to working with children and adolescents using telehealth:](#) Remember, you are doing the best you can during this situation to provide for the needs of your clients and their families.

Depending on where you live in the country or the world, your situation, and how to respond best to your unique clients may be quite different. Just make sure to get clinical consultation from someone you trust and document the options, what you chose, and WHY you chose it. School closure is different in each state. Many kids are going to need more support not less to manage their lives at home.

## What about telehealth with domestic violence clients?

Your clients may not have a safe space in their home for video sessions, so you may need to safety plan and be flexible about how you meet and continue support with your clients.

Often, in FV/DV, phones are bugged, and computers can have bots or spyware installed that track the location, conversations, and keystrokes without being easily detected. Adopt a precautionous approach. It is safer to assume technology devices such as mobile phones are not safe to use and to explore alternative options to access other devices such as those belonging to a trusted friend or relative.

Seek secondary consultation from specialist FV/DV services and/or other experienced FV/DV therapists for appropriate and safe ideas in supporting this or any other population.

When planning with your clients:

- Assess safety - what format of virtual therapy is safest for them if they are not safe in their home.
- Establish a safety plan if one is not in place. Refer to <https://emergesupport.org.au/safety-plan/> if unfamiliar in how to do this.
- Assess access - Do they have what is needed to conduct a session (headphones, phone, laptop or tablet, wifi)
- Assess availability - What works for them to continue and what works for you
- Strategize - you both may have children at home. Think through the various ethical and legal issues that might arise from this. Consider, how can you navigate this safely and appropriately with the clients. When is the best time to have the session? Is it text based therapy? Being mindful of what topics are being discussed with children around who might overhear conversation or be in the sole care of a parent who is already distressed
- Be clear in explaining to clients the limits of your role and duty of care, and any legal obligations to make notifications to child protective services.

## Self-care and health responsibilities

Therapy works best when it is regularly scheduled and attended. However, it is also important that you and your therapist remain healthy. If you have a fever, body aches, or chills in the last 48 hours, we can cancel, reschedule, or move to a virtual session. Do not come into the office or waiting room. This policy is to keep you, your community, and your therapist healthy.

[https://www.zynnyme.com/blog/2020/3/12/covid-19-plan-for-therapists-questions-answers-and-guidelines?fbclid=IwAR3bduXyl\\_P44W5n\\_IPbzBKNdFD03I4DzISRfkjWfxXJ-SoeT4IrbUdJWwc#ethics](https://www.zynnyme.com/blog/2020/3/12/covid-19-plan-for-therapists-questions-answers-and-guidelines?fbclid=IwAR3bduXyl_P44W5n_IPbzBKNdFD03I4DzISRfkjWfxXJ-SoeT4IrbUdJWwc#ethics)