

# Risk assessment- Psychotherapy Sessions conducted at Mindscape Therapy and Consulting Private Practice

Assessment carried out by: Andrew C Wright

Updated June 2023. Date of next review: June 2024 (or if guidance changes)

This Risk Assessment will be reviewed and amended when required. Any changes will be documented and recorded.

Additional measures have been put into place to control the risks to all.

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p><b>Covid 19.</b></p> <p><b>Psychotherapist and client's health.</b></p>	<p><b>Clients including children, adults and families</b></p> <p><b>Could resulting in illness and possibly death.</b></p>	<p>Any signs of Covid 19 such as fever, sore throat, coughing etc the therapist will inform clients, as soon as possible.</p> <p>If the therapist has been contacted by Test and Trace to be informed, they have come in contact with an effected person they will conduct a test and isolate until proven to be clear of the virus.</p>	<p>Any signs of the virus the therapist to self-isolate, as per the current procedures.</p> <p>Clients to be informed.</p>		<p>ASPA before any further arranged sessions.</p>	

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
	<b>The psychotherapist contracting Covid 19 resulting in illness and possibly death</b>	<p>Therapist currently has access to PCR test and flow Covid tests with work with APPLE House LTD.</p> <p>Clean clothes will be worn, and use of an apron.</p> <p>Psychotherapist and clients will sanitiser gel their hands at the start and end of session.</p> <p>On arrival at the room the therapist will sanitiser gel their hands and then clean the room with sanitiser spray, ensuring that the door handle, table and chairs etc are cleaned.</p>	<p>Record any spikes in temperature</p> <p>Provide the cleaning spray and paper towels</p>			
<b>Sharing equipment and spreading virus through cross contamination.</b>	Clients, psychotherapist and any other person who comes into contact with them.	All materials will be sanitised before and after the session.	<p>Sanitise all objects and boxes. Store and objects safely.</p> <p>Regular deep cleaning will be undertaken. Items must not be</p>		Before and after the session.	

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
			taken and used elsewhere. .			
<b>Spreading the virus between family and friends.</b>	Clients, psychotherapist and any other person who comes into contact with them.	The therapist will wash hands and sanitise between clients. Clients will sanitise in the waiting area in the porch before the session.	Ensure the therapist has hand cream to protect their hands from getting cracked due to increased handwashing.		Before the start of each day. Before and after every session.	