

Martin Herbst Counselling

Covid-19: TEMPORARY Amendment to Privacy Policy

The Temporary amendment to my Privacy Policy is made in order to adhere to the 3 base principles on which I provide therapy:

- No harm to me
- No harm to you
- No harm to the community or the reputation of my profession

I am a trainee therapist and have not received training in offering telephone or video based platforms. I am seeking online training resources and will update this amendment in due course. However, I feel experienced enough to offer this type of therapy.

This Temporary amendment will be in force to follow the guidance as issued by the UK Government and Health organisations. This amendment will potentially change in line with changing guidance received. I will at each stage make you aware of any changes.

In the first instance, I want to offer you as much choice in how we proceed with your therapy or starting therapy, but taking into consideration the limitations of the current situation.

I will offer you a 10 minute general chat either via phone or a video based platform to familiarise ourselves before we start therapy. I propose a 10 minute call separate to our actual therapy session.

I am open to discuss with you what you may feel suit your needs the best, but at present we will not be able to meet in person. This is regrettable, but our shared physical well-being is important.

If either of us becomes unwell, then it would be unethical to continue with therapy for that session or sessions as per my main agreement.

For new clients, an assessment session would apply as usual and should we agree to work together, we will sign a therapeutic agreement. The ultimate aim will be to meet in person to continue therapy.

I am able to offer therapy either by telephone or a video based platform.

For telephone, I use Vodafone as detailed in my general Privacy Policy.

- While using a mobile phone for any other platform than a call, I am using a WiFi network, I ensure I use a password protected network.
- I encourage you to use a password protected network.

My Wifi / Broadband provided by Hyperoptic. Their GDPR policy apply.

For Video based platforms:

- We are able to use Zoom.
- I am using a WiFi network, I ensure I use a password protected network.
- I encourage you to use a password protected network.

I am now working from home. I share the home with my partner.

- I have access to a spare room with a door that I will close.
- I have arranged that on agreed times that I am not to be disturbed.
- I am using a headset so that only I can hear what you say.
- You may faintly hear people move around.

Please consider your confidentiality and privacy for example; would you have a quiet space where you will not be disturbed?

We may need to manage glitches in technology and make sure we manage the ending of our sessions with care.

I wish to remain available for as long as it is ethical and appropriate. We will need to be flexible, understanding and open with each other.

My fees remain the same. I will continue to attend Supervision to ensure I continue to work competently and ethically with you. I will continue to record my sessions.

I will (and continue to offer) you therapy to the ethical standard set by the UKCP and Welsh Psychotherapy Partnership.

Owner and Data Controller

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