

CASPARI FOUNDATION POLICY FOR ONLINE EDUCATIONAL PSYCHOTHERAPY DELIVERY

Statement

The Caspari Foundation (CF) Board of Trustees and the Ethics and Professional Affairs Committee (EPAC) have responsibility for setting out the guidance for the delivery of Educational Psychotherapy (EPT) work online for both qualified and trainee therapists.

Caspari Foundation recognises:

1. That working online is now an inevitable part of therapeutic work and will become a necessary part of an Educational Psychotherapist's (EPTs) offer to clients.
2. That it will not always be possible to meet clients in-person following the Covid-19 pandemic.
3. That online therapeutic work is likely to continue to be part of an EPT's offer in future provision.
4. That working online is a personal and professional decision for individual qualified EPTs.

Guidance for qualified EPTs

Caspari Foundation recommends:

1. That, where appropriate, EPTs should continue to see their clients in person, especially when schools and other educational premises remain open and the organisation permits visiting professionals.
2. That EPTs do not use online working with new clients, although this is a professional judgement for individual therapists and their supervisors.
3. That individual qualified EPTs access a CPD certificated training for working remotely prior to commencing online sessions.
4. That qualified EPTs ensure that their own professional indemnity insurance covers working remotely.
5. That EPTs working within an organisation ensure they are fully aware of their organisation's guidance for working remotely and that they follow this guidance.
6. That qualified EPTs are fully aware of the safeguarding and ethical issues of working online: these are recognised as complex and all EPTs have a duty of care to ensure they are familiar with all aspects of safeguarding and ethical issues.
7. That the EPT has written, informed and signed consent from the parents/carers before any online sessions commence.

For more information access: www.psychotherapy.org.uk/ukcp-members/standards-guidance-and-policies/coronavirus/

Requirements for Caspari Foundation trainees

Statement

Caspari Foundation follows UKCP Standards in Education and Training (SETs) for working therapeutically with children and young people and this requires trainees to acquire a minimum of 450 supervised client hours, which must include between 50-100 adult/parent/carer hours in order to meet UKCP standards. Please see the CF Accreditation Policy (2023) for details.

Caspari Foundation understands that this will probably now mean that trainee EPTs will have to provide some work online in order to have the maximum opportunity to acquire 450 hours within a reasonable timeframe.

Caspari Foundation requires the following:

1. That trainees access the Caspari Foundation trainings for online working. This training is mandatory for all second, third and fourth year students. Dates for this training will be arranged and disseminated by the Course Director to fit with the delivery of the Advanced Diploma programme.
2. That trainees discuss working online with their supervisors prior to commencing any remote sessions.
3. That trainees prioritise in-person sessions.
4. That trainees are fully aware of their organisation's guidance for working remotely.
5. That trainees check their professional indemnity insurance covers them for delivering EPT online.
6. That trainees are completely aware of all safeguarding and ethical issues connected with online working.
7. That when, for whatever reason, trainees are unsure whether to work online with a particular client they discuss their concerns with their supervisor and organisation and err on the side of caution and delay/suspend online working.
8. That all necessary contracts and paperwork for working online have been discussed with their supervisor, parents/carers and organisation, and are signed and accessible.

9. That trainees working with organisations where online sessions are an accepted and a necessary part of the therapeutic offer, read and follow the organisation's guidance.
10. That all paperwork, including signed consent from parents/carers, records of sessions provided online, supervision sessions and notes are maintained to a high standard and available to their supervisor and the Caspari Foundation Course Director.