

# Arts Psychotherapist Information Pack

## During Period of Covid-19

### **Introduction**

Due to the Global Pandemic that has occurred regarding Covid- 19, the therapists with Jamores Homes have collated an alterative structure to manage and contain the therapeutic supportive framework. Where possible, the framework will adapt to an online service, where therapist will have virtual contact with young people, Managers, staff. External agencies will continue contact via secure email. This Framework is set out to demonstrate how the Covid-19 therapeutic model meets the needs of the young people during the period of the outbreak and widespread transmission.

### **Getting your workplace ready for COVID-19**

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world. As of 15/03/2020 there are 1391 Uk cases and 35 covid-19 cases of death.

WHO and public health authorities around the world are taking action to contain the COVID-19 outbreak. However, long term success cannot be taken for granted. All sections of our society – including businesses and employers – must play a role if we are to stop the spread of this disease.

### **How COVID-19 spreads**

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them.

The World Health Organization (WHO) has suggested, If COVID-19 starts spreading in your community anyone with even a mild cough or low-grade fever (37.3 C or more) needs to stay at home. They should also stay home (or work from home) if they have had to take simple medications, such as paracetamol/acetaminophen, ibuprofen or aspirin, which may mask symptoms of infection.

## **Why do employers and organizers need to think about COVID-19?**

Organizers of meetings and events need to think about the potential risk from COVID-19 because:

- There is a risk that people attending your meeting or event might be unwittingly bringing the COVID-19 virus to the meeting. Others might be unknowingly exposed to COVID -19.
- While COVID-19 is a mild disease for most people, it can make some very ill. Around 1 in every 5 people who catch COVID-19 needs hospital treatment.

### **Covid-19 therapeutic Aim**

#### **Aim:**

- To support the therapeutic needs of the young people through weekly planned therapy sessions.
- To support managers with reflection as a means of supporting their staff team to adopt a psychodynamic approach within their practise.
- To support and liaise with families and external agencies relevant to the young person's care plan.
- To continue facilitating therapeutic training as a means of providing staff with educational and practical tools to develop a therapeutic approach within their practise.
- Whilst reducing the spread of germs when you cough or sneeze. And reduce spread of germs from touched objects and surfaces.
- As recommended by Gov and WHO, increase the use of Skype and other tools for secure virtual conference calls.
- Avoid risk of therapist spreading or catching Covid-19.

**Solution in working under Covid-19 Pandemic Period has been demonstrated in RED for each section within the next section.**

## Covid-19 therapeutic Framework

1. If new young people come into Jamores care during the Covid-19 period, keyworkers will receive a survey to complete regarding the young person. **Therapist will send to keyworker via email. Once the keyworker completes the questionnaire, please send back to their Home therapist. If further elaborations are needed discussions need to take place regarding the questionnaire, therapist or keyworker can initiate further discussion via telephone, email or skype.**

**Keyworker questionnaire to be filled out before therapeutic work begins or within early stages.**

This is designed to gain insight from the keyworker to see what is going on for the YPs and areas to work on within the sessions.

<p style="text-align: right;"></p> <p style="text-align: center;"><b>Prior Therapy</b> <b>Key Worker Observation Questionnaire</b></p> <p><i>This questionnaire is designed to gain an understanding from the keyworker's perspective of the main concerns regarding the young person at this present moment. The information provided will give an insight for the purpose of monitoring therapeutic progress. This questionnaire is to be filled out prior the start of therapy. Please answer all the questions below and remember there are no right or wrong answers.</i></p> <p>1. What are your concerns regarding the young person referred to Creative-Therapy?</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div> <p>2. How often had these concerns occurred since the young person arrived in your care?</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<p style="text-align: right;"></p> <p>3. How has this affected the young person in the past and/or present? Please specify mood, behavioural, sleep and/or interaction with home and community setting.</p> <div style="border: 1px solid black; height: 80px; width: 100%;"></div> <p>4. What do you believe/hope therapy could provide for the young person? (Please write in the box below or add drawings if you prefer).</p> <div style="border: 1px solid black; height: 120px; width: 100%;"></div>
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2. YPs to receive 1:1 support to provide a space within which to address traumatic events from the past.

Planned sessions will be facilitated weekly. Unplanned sessions take place as a means of supporting the young person with self- regulation regarding overwhelming emotions.

Therapist will facilitate sessions via Skype, PlayStation & Xbox connect.



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Sessions Recorded by: \_\_\_\_\_

## Creative Therapeutic Session Record

Resident Name: \_\_\_\_\_ Staff Present: \_\_\_\_\_ Site: \_\_\_\_\_

Date: \_\_\_\_\_ Session Number: \_\_\_\_\_

Session Record:

**Objective Findings:**

<p><b>RAPPORT</b></p> <p><input type="checkbox"/> Appropriate</p> <p><input type="checkbox"/> Hostile</p> <p><input type="checkbox"/> Evasive</p> <p><input type="checkbox"/> Distant</p> <p><input type="checkbox"/> Attentive</p> <p><input type="checkbox"/> Poor eye contact</p> <p><input type="checkbox"/> Other:</p>	<p><b>APPEARANCE</b></p> <p><input type="checkbox"/> Appropriately dressed</p> <p><input type="checkbox"/> Poorly Dressed</p> <p><input type="checkbox"/> Dishevelled</p> <p><input type="checkbox"/> Body Odour</p> <p><input type="checkbox"/> Other</p>	<p><b>MOOD AFFECT</b></p> <p><input type="checkbox"/> Flat</p> <p><input type="checkbox"/> Depressed</p> <p><input type="checkbox"/> Happy</p> <p><input type="checkbox"/> Expansive</p> <p><input type="checkbox"/> Labile</p>	<p><b>SPEECH</b></p> <p><input type="checkbox"/> Coherent</p> <p><input type="checkbox"/> Appropriate</p> <p><input type="checkbox"/> Incoherent</p> <p><input type="checkbox"/> Loose Associations</p> <p><input type="checkbox"/> Circumstantial</p> <p><input type="checkbox"/> Tangential</p> <p><input type="checkbox"/> Poverty</p>
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Safeguarding Issues: Yes / No  
(If yes please specify concern and action taken)



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Sessions Recorded by: \_\_\_\_\_

## Unplanned Therapeutic session

Resident Name: \_\_\_\_\_ Staff Present: \_\_\_\_\_ Site: \_\_\_\_\_

Reason for unplanned session:

Content:

Reflection:

Safeguarding Concern? Yes / No  
(If yes please Specify concern and action taken)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



4. Staff to receive group supervision to process effectively as a group what is being communicated by YP through body language and unconscious processes. 'The contents of the unconscious exert a formative influence on the psyche. Consciously we may ignore them, but unconsciously we respond to them and to the symbolic form' (Jung 1959) Furthermore, this will avoid splitting and knowledge into what is being expressed.

Therapist will Telephone/Email home Manager's daily, to run through handovers. Therapist will provide therapeutic reflection in daily content where needed.

The form is titled "Staff Therapeutic Debrief" and includes the following fields:

- Sessions Recorded by: (orange bar)
- JAMORES LIMITED Care, Support & Housing (logo)
- Staff Names: (text box)
- Theme: (text box)
- Site: (text box)
- Reason for session: (text box)
- Content: (text box)
- Reflection: (text box)
- Safeguarding Concern? Yes / No (if yes please Specify concern and action taken) (text box)
- Signee: (text box)

5. Workshops provided at staff training days. To add value to knowledge through a better understanding of the self. This promotes interpersonal skills and emotional intelligence. As well as the ability to attune and empathise with the feelings related to the young person's situation.

Training content will be created for training to be educational and practical whilst facilitated via skype. Skype Therapeutic Training will be organised with home managers.

