

---

# CAMFT ACTCF

---

The Canadian Association for Marriage and Family Therapy  
L'association Canadienne pour la thérapie conjugale et familiale

Dear fellow members,

These are very difficult times and the COVID-19 Pandemic has significant implications for all of us who work in private practice, health care/social service agencies and educational settings.

The following are a few recommendations that we hope will help you as you decide how to communicate with your clients regarding the pandemic and ensure a safe setting in which to provide individual, couples and family therapy:

- Ensure that commonly touched surfaces in your workspace are regularly being disinfected such as doorknobs, pens and armrests.
- Add additional boxes of tissues and hand sanitizer to your office. Remember that this virus is easily dislodged with soap and water or alcohol wipes.
- Contact your clients to ask them to notify you if they have been out of the country recently, have experienced any symptoms (fever, cough or difficulty breathing), or have knowingly been in contact with anyone with symptoms of COVID-19. Use this opportunity to reassure your clients and provide factual information.
- If you or any of your clients are symptomatic, have tested positive for COVID-19 or have been in contact with someone who has been exposed; or are self-isolating as a precautionary measure, or as mandated by a government agency, please explore the alternative of using phone sessions or a secure video conference platform (check with your provincial regulatory body to determine their policy on using a video conference platform)
- Consider waiving any cancellation fees you might have during this time
- The 24-hour news cycle and the overwhelming number of online sources of information (excellent, good, bad, misinformed and just plain dangerous) could make some clients feel overwhelmed or anxious. PLEASE use information and facts from these two trusted sources during this difficult time:
  - o [Public Health Agency of Canada](#)
  - o [World Health Organization](#)

Please take care of yourselves