
CAMFT ACTCF

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

Dear fellow members,

These are challenging 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 important recommendations we hope will help you as you decide how to ensure a safe setting when meeting face-to-face with clients to provide individual, couples and family therapy and how to communicate with them regarding the pandemic:

- Please regularly **disinfect commonly touched surfaces and objects** in your workspace such as doorknobs, mugs, pens and armrests.
- Please **wash hands** for twenty seconds or use **alcohol wipes** between sessions
- Add additional boxes of **tissues and hand sanitizer** to your office to minimize chances of unintentional transmission.
- Help create **social distancing in your waiting room/area** by creating more space between chairs, removing chairs or using text messages to notify clients you are ready to see them, allowing them to wait outside or in a space that allows for greater social distancing.
- **Refrain from booking clients back to back** so as to leave more time between sessions, minimizing clients crossing paths in the waiting area.
- **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/current information from the sources listed below.**
- **If you, or any of your clients are symptomatic**, have tested positive for COVID-19, have been in contact with someone who has been exposed or are self-isolating as a precautionary measure or as mandated by your employer or 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

We have created a [private discussion forum](#) for our members to talk and share their challenges of practicing couple and family therapy during this difficult time. The 24-hour news cycle and the overwhelming number of online sources of information (excellent, good, bad, misinformed and just plain dangerous) may make some of us and/or our clients feel overwhelmed or anxious.

PLEASE use information from these trusted sources during this challenging time:

- [Public Health Agency of Canada](#)
- [World Health Organization](#)

Important information by Province regarding COVID-19

- [British Columbia](#)
- [Alberta](#)
- [Saskatchewan](#)
- [Manitoba](#)
- [Ontario](#)
- [Québec](#)
- [New Brunswick](#)
- [Nova Scotia](#)
- [Prince Edward Island](#)
- [Newfoundland/Labrador](#)
- [Yukon](#)
- [NWT](#)
- [Nunavut](#)