

Assessing for suitability for remote work - guidelines

Although MCPS is predominantly a face-to-face service, practitioners who are working towards UKCP accreditation are permitted to offer their client a remote session when it is not feasibly possible for either themselves or their client to get to Metanoia (e.g. if there's a train strike).

For this reason, we are asking you to consider the suitability of remote work for the clients you assess. This is a brief guide to help you assess whether a client could benefit from the adjustment we are making. **We ask that you indicate in your assessment notes if you believe the client should not be offered any remote therapy sessions, holding in mind the possible reasons listed below (or any other reason that may occur to you).**

Considerations when assessing for suitability for remote work

i. No suitable space available or inadequate resources

During an assessment you should be able to get a sense of the client's circumstances and whether they have the practical means to access therapy remotely. It may be worth asking yourself:

- Does the client have a suitable private space for a therapy session?
- Does the client have appropriate equipment/resources for remote work (can you hear and see the client clearly, with no internet connection issues, sitting in a comfortable space at a laptop or a PC with a good enough and stable camera? Or are they relying on a mobile phone, cutting out intermittently, wandering around trying to find somewhere to land?)

ii. Boundary issues

We all know about boundary issues: arriving late, lack of compliance with reasonable requests or expectations, intrusive or provocative questions, disrespectful attitude or behaviour, etc. and of course some clients presenting with such boundary issues may still be appropriate for the service. However, if you notice any such boundary issues in the assessment, this could indicate that the client is not suitable for remote work with a student practitioner. Consider the following:

- Is the assessment beginning and ending on time?
- Can the client respond to all your questions appropriately without objection or significant deviation?
- Is the client's manner sociable and respectful?

iii. Trauma in the frame

Safely supporting a client presenting with trauma and dissociation can be more challenging when working remotely. It is important to consider this when assessing for suitability for remote work. In particular, please consider the following:

- Is the IES-R score below 33?
- Are you working hard to help the client to stay present and/or regulated during the assessment session?
- Do you feel you have good contact with the client?

Please note that these are just things to consider, and the assessment of suitability for remote work is based on your overall sense of the client.

Please also note that remote work can only take place under certain conditions, and that some practitioners (those working towards BACP, not UKCP, accreditation) are not permitted to work remotely. For these reasons, it would be best not to highlight to clients that remote work might be an option.