College of Sexual and Relationship Therapists

COSRT Covid-19
Summary 21
April 2020

Background

Over recent weeks COSRT has worked hard to support Members and stakeholders in unprecedented times. As an organisation we have issued a range of guidance covering numerous issues. We're also conscious that it can be overwhelming to receive information in a staggered fashion. So to help we have compiled the key elements in this single document. In here you will find key points and links to other documents for you to access.

Online Therapy

Therapy is traditionally a face-to-face practice to ensure maximum quality and impact. However, COSRT is fully supportive of Members adapting their practice to meet service user and other needs within the current context:

- COSRT supports Members in moving to the online provision of therapy to service users.
- Members should use secure, high quality online platforms.
- It is imperative that data protection and privacy laws and standards are adhered to.
- It is recommended that Members providing online services seek and receive supervision from someone who is themselves suitably training and competent in online working.
- Working environments and practices should remain professional and depersonalised where possible.
- Full guidance can be found in COSRT's Online Therapy and Supervision Document.

CPD Hours

An important element of COSRT Membership is the requirement for individual activities to centre on face-to-face contact. This includes a demand for Members in relevant categories to undertake a certain amount of face-to-face CPD. Recognising the need for adaptation and uncertainty over future limitations:

- Online CPD can now be counted towards Membership requirements for the duration of 2020.
- This is subject to CPD being of suitable form, content and quality to meet the required standards.
- Members should log CPD in the normal manner to allow for any audit.

Training

To support ongoing professional standards through the effective training of specialist therapists, COSRT is committed to supporting Accredited training providers. Recognising the need for flexibility in the current context, COSRT can confirm that Accreditation will not be negatively impacted in instances where:

- Trainers move classes and individual support to online models. This is subject to training organisations ensuring that content quality is unaltered, and that platforms allow for suitable interaction when required. Any platforms used must be secure.
- Placement hours being moved to remote/online models. This is subject to trainees being given full and dedicated support in all aspects of online working, including technical and professional aspects.
- COSRT can also confirm that online/remote placement hours will count towards any COSRT membership requirements.
- Amendments to course syllabus to allow the delay of placements and face-to-face content. This is subject to safeguards being implemented to ensure no negative impact on course quality or learner outcomes.