

BRITISH FOCUSING ASSOCIATION

HEALTH AND SAFETY POLICY

The British Focusing Association (BFA) is aware of the need to protect the health and safety of all its clients, students and members. This includes both emotional and physical safety.

1. EMOTIONAL SAFETY

- The creation of a reliable sense of emotional safety is a cornerstone of Focusing work. Emotional safety is something we always aspire to and work towards. Focusing clients and students are responsible for monitoring their own emotional safety when learning and practising Focusing.
- BFA members are professionally qualified to offer Focusing sessions and/or teaching. If the BFA member is not a qualified psychotherapist or counsellor, the member has a responsibility to make it clear that they are not offering psychotherapy or counselling.
- Members have a responsibility to ensure that the nature and scope of the session/teaching is clearly understood.
- Members have consultative support for their work.
- Members are responsible for ensuring that they are covered by professional indemnity insurance.
- BFA has a Mediation Procedure in case of a problem arising between a Focusing client or student and a BFA member.

2. PHYSICAL SAFETY

- Members have the right not to accept on a course, or for a session anyone who is assessed to be at risk of causing harm to themselves or others.
- When using hired premises, Teachers and Practitioners carry out an informal risk assessment. This covers access to the building, fire exits and fire safety equipment, the provision of toilets and suitable seating arrangements. Facilities for disabled access are also assessed at the same time.
- The risk assessment also takes into account the security of the building, whether doors will be locked, and access to keys.