

# Collated published resources for IAPT Services during Covid-19

## Guidance from professional bodies

Division of Clinical Psychology - Digital Healthcare Subcommittee Guidance

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Effective%20therapy%20via%20video%20-%20top%20tips.pdf>

British Association for Counselling and Psychotherapy – Working Online in the Counselling Professions

<https://www.bacp.co.uk/media/2162/bacp-working-online-supplementary-guidance-gpia047.pdf>

Health and Care Professions Council – Information on providing online services

<https://www.hcpc-uk.org/registration/meeting-our-standards/information-on-providing-online-services/>

UKCP – Information about coronavirus Covid-19

<https://www.psychotherapy.org.uk/ukcp-news/midweek-mindset/information-about-coronavirus-covid-19/>

UKCP – Psychotherapeutic practice and working in isolation (coronavirus related)

<https://www.psychotherapy.org.uk/wp-content/uploads/2020/03/Psychotherapeutic-practice-and-working-in-isolation.pdf>

British Psychoanalytic Council – Guidance for Registrants on the Coronavirus (COVID-19)

<https://www.bpc.org.uk/news/guidance-registrants-coronavirus-covid-19>

BABCP – COVID-19 BABCP Statement

<https://babcp.com/About/Press/COVID-19-BABCP-Statement.aspx> and

# **Resources for Treatment**

Oxford University Department of Psychology Covid-19 Resources

<https://www.psy.ox.ac.uk/covid-19-info/covid-19-resources>

BABCP Podcast on Dealing with anxiety about coronavirus:

<http://letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus>

BABCP guidance on remote delivery -

[https://www.babcp.com/Therapists/Remote-Therapy-Provision.aspx?dm\\_i=5J93,SB4,FF7BG,2NNK,1](https://www.babcp.com/Therapists/Remote-Therapy-Provision.aspx?dm_i=5J93,SB4,FF7BG,2NNK,1)

OCD-UK website: <https://www.ocduk.org/>

Social anxiety: <https://oxcadatresources.com/>

PTSD: <https://oxcadatresources.com/>

Information for parents and children: [https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf) and <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Delivering digitally and through video: <https://www.iesohealth.com/en-gb/nhs/covid-19>

Oxford Health Leaflets: <https://www.oxfordhealth.nhs.uk/news/coronavirus-and-your-mental-wellbeing/>