

Touch Policy & Procedures

Touch Policy

Due to the sensitive nature of work that our therapists undertake with children and young people, it is important to outline how our therapists respond to touch from the children in our care.

During Play & Creative Arts Therapy sessions children and young people may want to play out a number of scenarios that may involve touch. They may also seek comfort in the form of physical contact (such as a hug) from the therapist.

One-to-one therapy sessions

In individual therapy sessions children are permitted to sit closely alongside the therapist, but are not permitted to sit on the therapist's lap, give the therapist hugs or other forms of close physical contact. The therapist will deem what is appropriate for the child at their developmental level and will report any concerns to the point of contact within the school.

The therapist will outline the boundaries of touch with a child should it be appropriate. They will make the child aware of the kinds of touch that are appropriate during the one-to-one sessions.

Outside of sessions

If a child gives the therapist a hug in front of other people (staff, children) then the therapist will accept a hug, from the side on, so as not to reject the child. This is deemed appropriate if there are other members of staff present in order to safeguard the therapist from accusations of inappropriate touch.

It is important that staff members are aware of our touch policy to help support our work. Particularly when finishing a number of sessions, a child may seek a hug to signify the end of the therapeutic relationship.

Touch Policy & Procedures
Last reviewed & updated Jan 2017