

Counselling

Post-rescue de-brief sessions

Attending a rescue and helping in an emergency is always rewarding. But what happen if you are stressed and wish to talk the rescue through with someone? Your community has a 'duty of care' for anyone helping in a rescue, and must provide access to 'post event' counseling services if required.

Community defibrillators are medical devices and there to save lives in an emergency. As these are publicly accessible then these can be used by anyone in the community, or even a visitor.

A rescue can be stressful, particularly if the rescue is unsuccessful. Therefore you may need someone you can talk to about the event, or just someone to talk to to help you wind down. You can visit your GP, or your local Samaritans or similar organisation. CHT also has a service that is available for its member communities.

The CHT support communities through the *free* provision of a 'de-briefing' session with one of our trained counsellors. This telephone service is available to all members of the community where CHT have worked with you to establish your community defibrillator scheme. We provide the village a single telephone number to link to one of our counselors, who will ring you back at a convenient time to talk to you. These sessions are for a maximum of one hour, and are confidential, and are run by an independent group of trained trauma counsellors on behalf of CHT for their partner communities.

Should you require more time from the counsellor over and above the free session, then this is a private arrangement you can make with the counsellor involved. CHT have no involvement in the consultation, or any extension services offered, and are not responsible for any outcomes.



CHT believes that a community needs to take a holistic approach to having a community defibrillator, and the provision of additional support services such as 'Post rescue de-briefing' services, VETS, insurance, long term support and most importantly, Governance programmes, make any community programme resilient and successful. CHT is the only organisation offering a complete and holistic service.

For more information please contact the Charity via the web site below.

www.communityheartbeat.org.uk

Counselling

Terms and Conditions for the Community Heartbeat Trust (CHT) de-briefing service

This is an agreement between all members of your community and the CHT Counsellors, and it is up to the scheme co-ordinator to make these terms available to the community.

The access to the CHT de-briefing service is only for communities using the CHT cPAD services, where that community is also registered via CHT with your local ambulance service, and has active Governance in place.

The CHT counsellors are all independent qualified Humanistic Counsellors and follow the ethical code of conduct of the British Association of Counsellors and Psychotherapists. (Available from the BACP web site). They are also independent to CHT and are not employed by, or otherwise linked to CHT.

The session is undertaken using the Person Centred Approach to counselling

Each person involved in a rescue is entitled to a single free telephone session with the counsellor lasting no more than 60 minutes. If they require longer the counsellor has the right to charge for any additional time based upon their published rates.

The content of the sessions are confidential to the caller and the counsellor and the contents of the conversation will not be recorded or notes made beyond what is required to adhere to the BACP requirements. Neither CHT, nor your local ambulance service, have access to these records. If further sessions are agreed independent to the CHT service, then the notes may be used with the permission of the caller, for these add on sessions. Only the first name will be used to identify the caller, but no other identifying personal details will be kept.

As this is a telephone session, and not video, we retain and respect your privacy. It is also important that you respect the confidentiality of the sessions. On very rare occasions if we discover there is a need to communicate outside of the telephone relationship, the counsellor will discuss this with the caller first, and agree a process for this.

Please note that the counsellor is bound by law to report any instances of Current Child abuse, Risk of harm to self or others, Drug dealing and any subject which comes under the Anti Terrorism act or acts of treason. These will be discussed with the caller first.

CHT has no involvement in the caller's relationship with the counsellor and has no say in any actions taken by the counsellor, and you agree that CHT cannot be brought into any discussions regarding any particular case, and that CHT accepts no liability for any outcomes. Any further discussions are therefore private between the caller and the independent counsellor involved.

No member of the CHT staff or volunteers has any right to discuss any matter of your rescue with you, and please do not contact them for discussions or follow-up, but go via this service. The counsellors have their own Professional Liability Insurances, and CHT takes no responsibility for any outcomes from these sessions, and cannot be held liable for any situation resulting from your involvement in a rescue, and any outcome from this.

These terms are available via the WebNos Governance system and are deemed to have been accepted by your scheme co-ordinator on behalf of the community by virtue of opting in to use WebNos.

