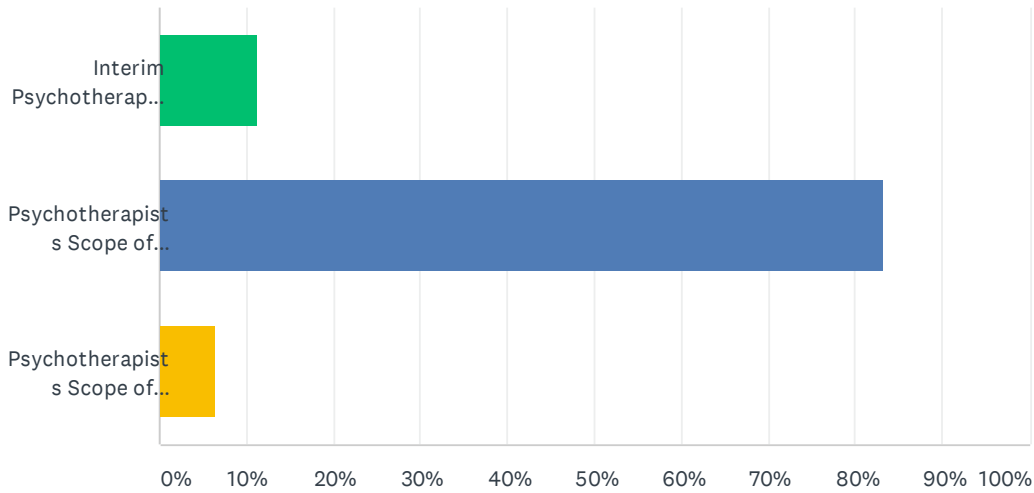


COVID-19 Pandemic Survey for Psychotherapists

Te Poari o ngā Kaihaumanu Hinengaro o Aotearoa(Board) received 126 responses in total. Please note that the qualitative data provided in the 'comments' fields has been summarised into themes.

Q1 What scope of practice are you registered in?

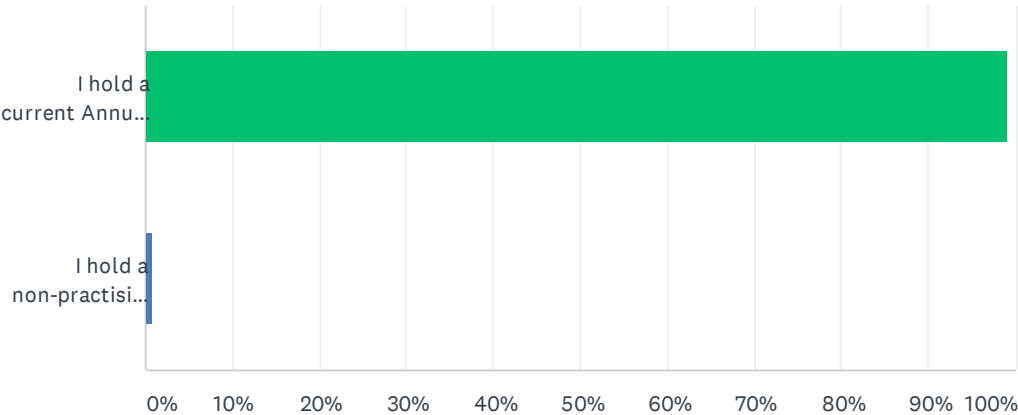
Answered: 125 Skipped: 1



ANSWER CHOICES	RESPONSES	
Interim Psychotherapists Scope of Practice	11.20%	14
Psychotherapists Scope of Practice	83.20%	104
Psychotherapists Scope of Practice with Child and Adolescent Psychotherapist Specialism	6.40%	8
Total Respondents: 125		

Q2 What is your current practising status?

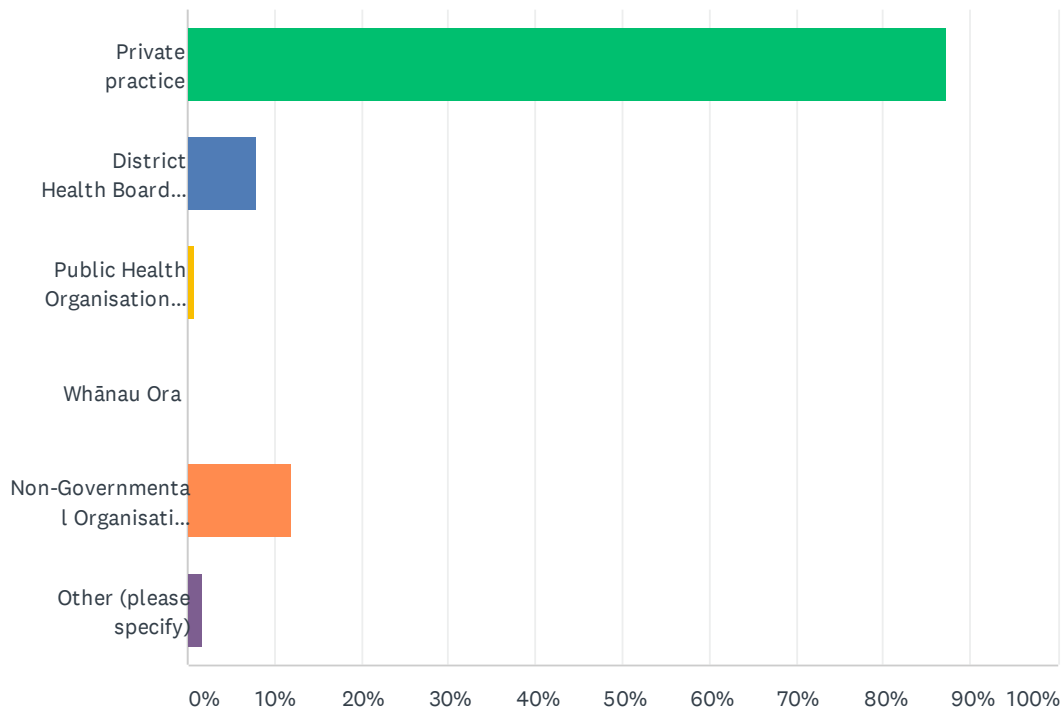
Answered: 126 Skipped: 0



ANSWER CHOICES	RESPONSES	
I hold a current Annual Practising Certificate	99.21%	125
I hold a non-practising status	0.79%	1
Total Respondents: 126		

Q3 What is your usual employment setting?

Answered: 126 Skipped: 0

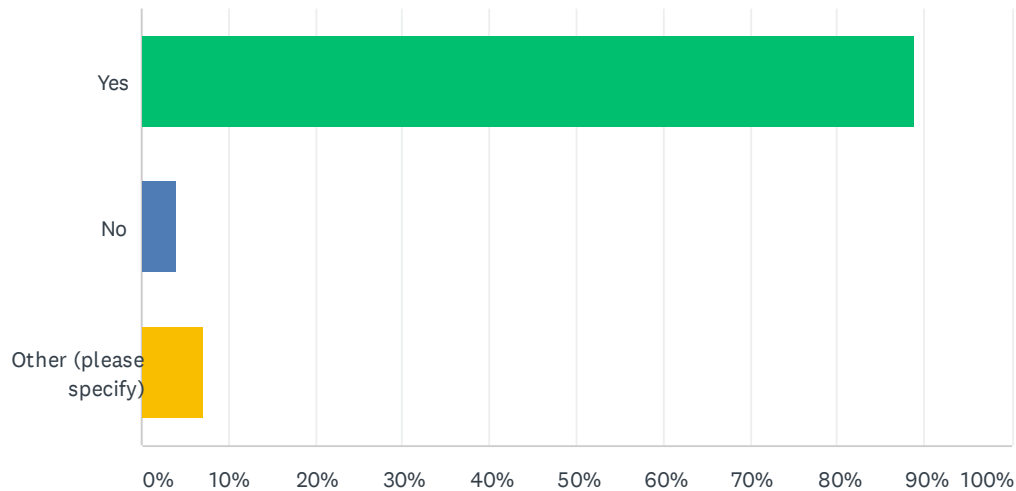


ANSWER CHOICES	RESPONSES	
Private practice	87.30%	110
District Health Board (DHB)	7.94%	10
Public Health Organisation (PHO)	0.79%	1
Whānau Ora	0.00%	0
Non-Governmental Organisation (NGO)	11.90%	15
Other (please specify)	1.59%	2
Total Respondents: 126		

Other comments included:
 Private education provider
 National telehealth services

Q4 Were you able to continue working as a psychotherapist during COVID-19 alert level 4 and alert level 3?

Answered: 126 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	88.89%	112
No	3.97%	5
Other (please specify)	7.14%	9
TOTAL		126

Other comments included:

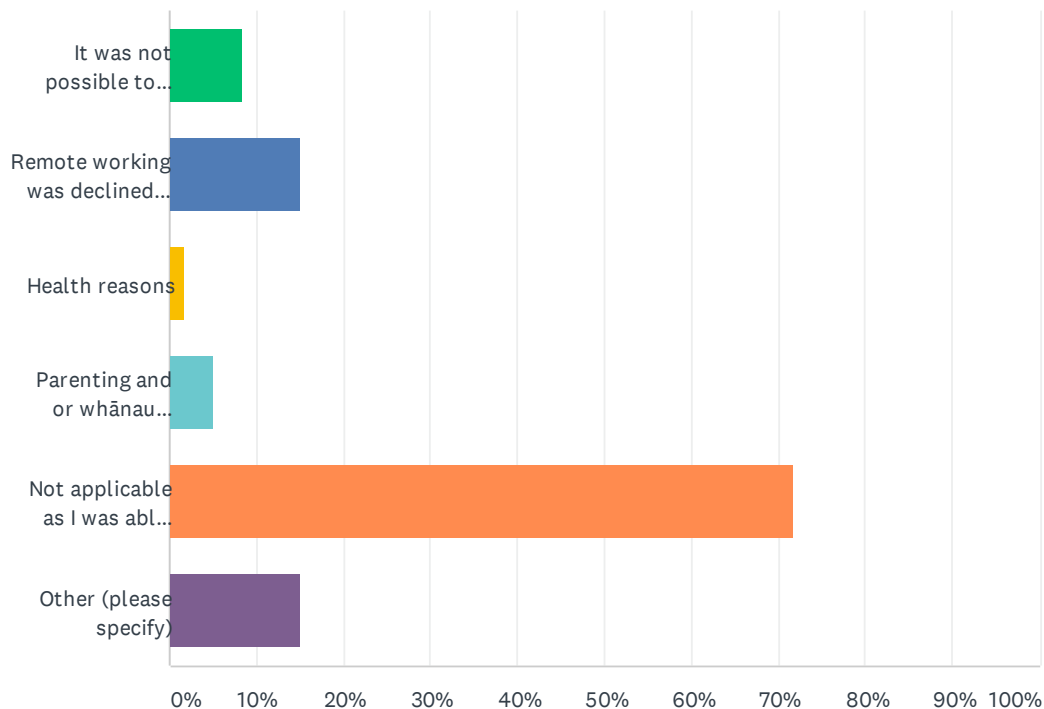
No existing clients

Yes with adults but child and adolescent work restricted - remote working not suitable

Yes with reduced workload

Q5 If you were unable to work during alert levels 4 and 3 what were the reasons?

Answered: 60 Skipped: 66

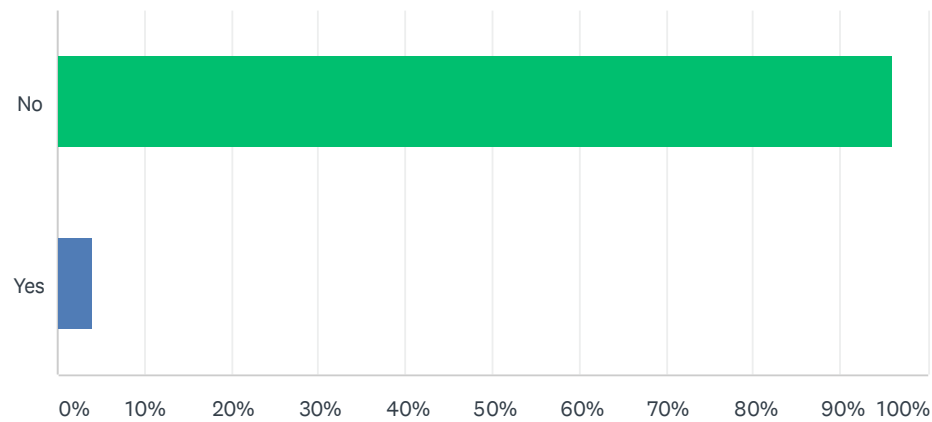


ANSWER CHOICES	RESPONSES	
It was not possible to work remotely with my clients/client group	8.33%	5
Remote working was declined by clients	15.00%	9
Health reasons	1.67%	1
Parenting and or whānau reasons	5.00%	3
Not applicable as I was able to continue working remotely	71.67%	43
Other (please specify)	15.00%	9
Total Respondents: 60		

Other responses included:
 Child and adolescent work restricted - remote working not suitable
 Privacy was a concern

Q6 During alert level 4 did you have kanohi ki te kanohi/face to face contact with clients

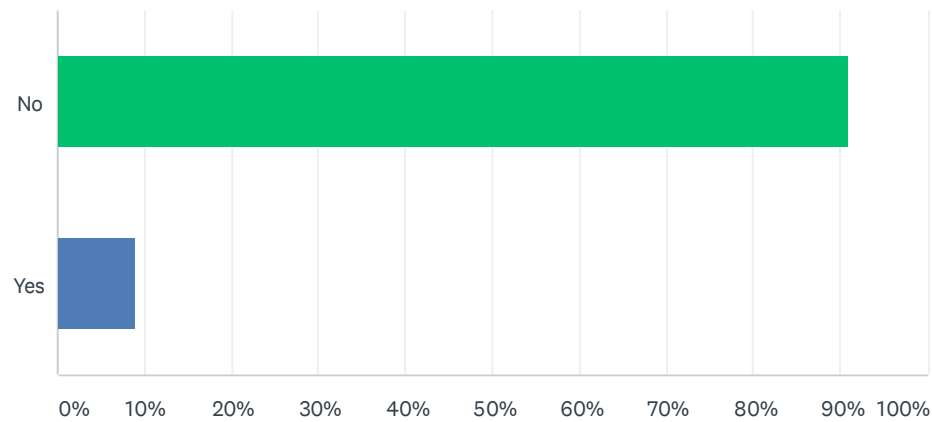
Answered: 125 Skipped: 1



ANSWER CHOICES	RESPONSES	
No	96.00%	120
Yes	4.00%	5
TOTAL		125

Q7 During alert level 3 did you have kanohi ki te kanohi/face to face contact with clients

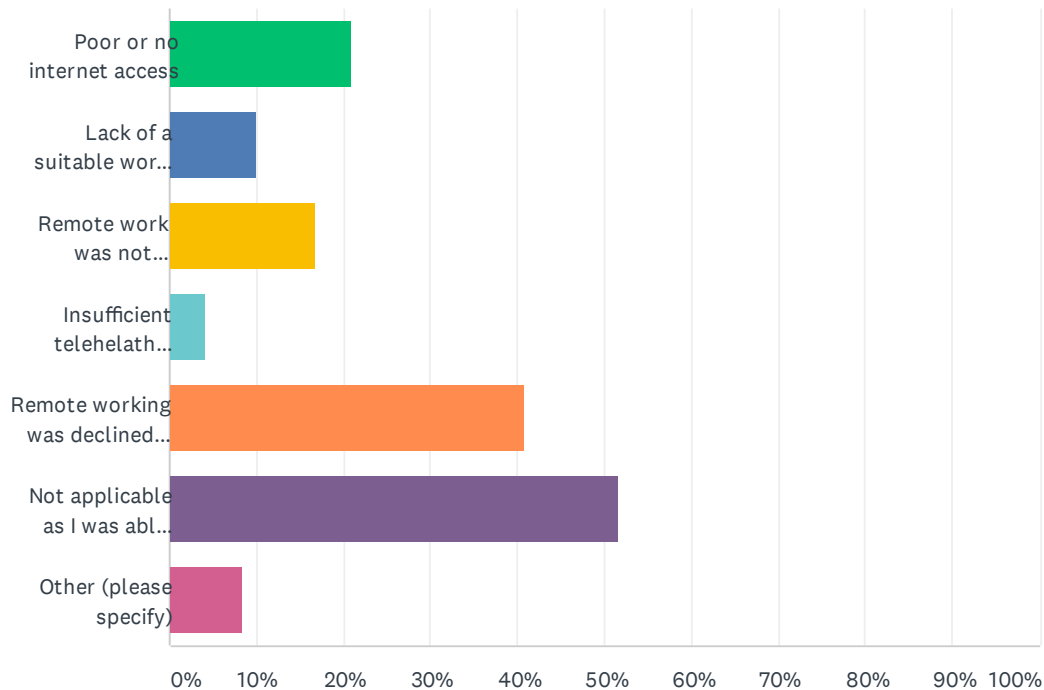
Answered: 123 Skipped: 3



ANSWER CHOICES	RESPONSES	
No	91.06%	112
Yes	8.94%	11
TOTAL		123

Q8 Did you experience any of the telehealth challenges below while working remotely?

Answered: 120 Skipped: 6



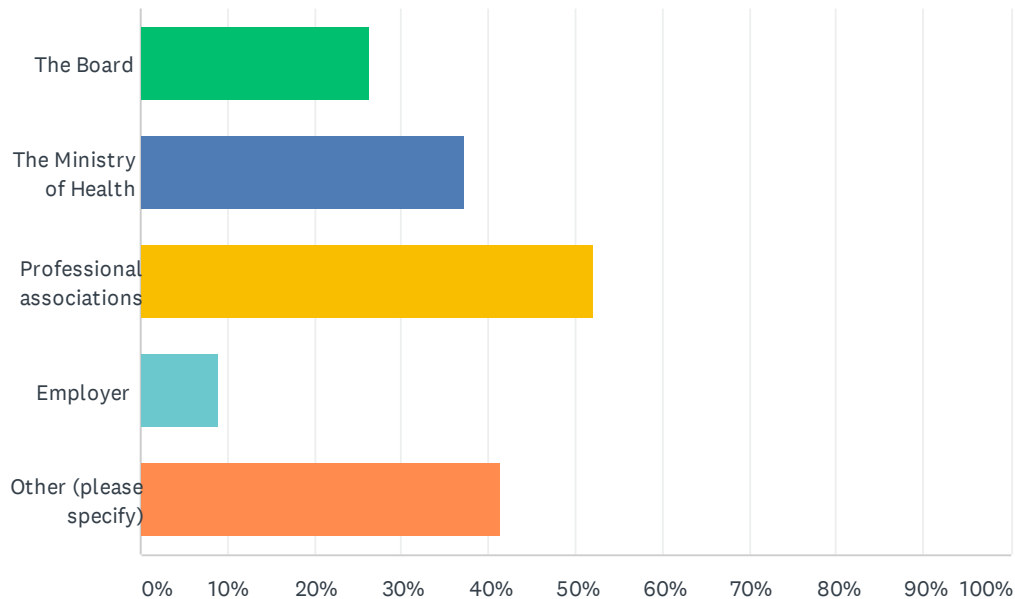
ANSWER CHOICES	RESPONSES	
Poor or no internet access	20.83%	25
Lack of a suitable work environment or device	10.00%	12
Remote work was not suitable for you or your clients/client group	16.67%	20
Insufficient telehealth guidance	4.17%	5
Remote working was declined by clients	40.83%	49
Not applicable as I was able to continue working remotely	51.67%	62
Other (please specify)	8.33%	10
Total Respondents: 120		

Other responses included:

Privacy was an issue
 Online/telehealth sessions unsettled some clients
 Child and adolescent work restricted - remote working not suitable
 Lack of digital literacy

Q9 Where did the information you found most useful or helpful come from with regard to telehealth information/guidance?

Answered: 121 Skipped: 5

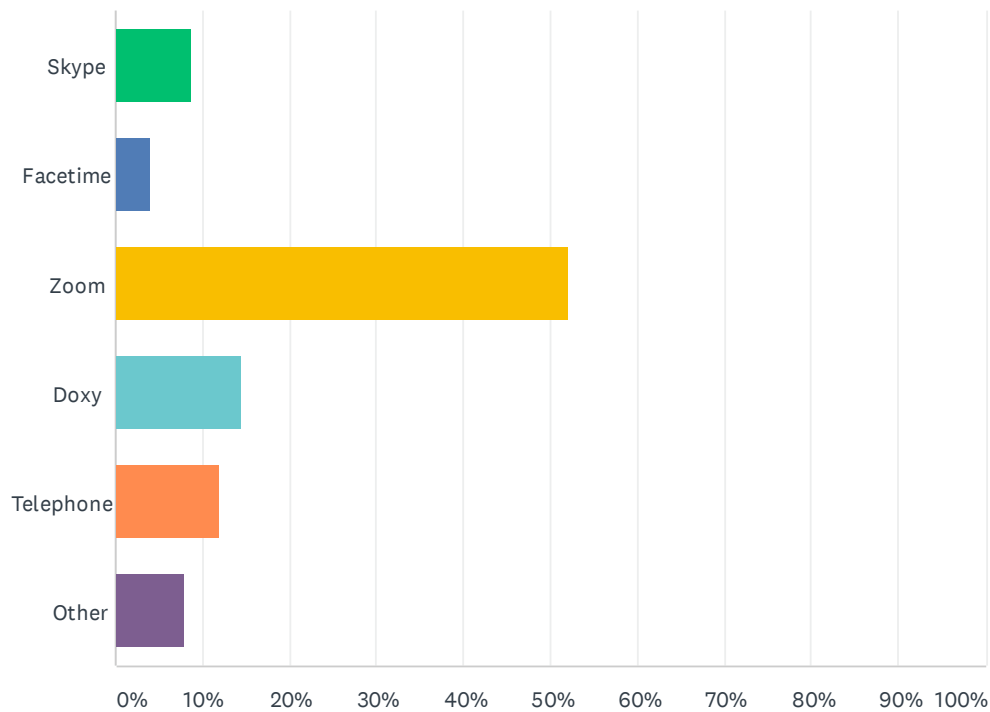


ANSWER CHOICES	RESPONSES	
The Board	26.45%	32
The Ministry of Health	37.19%	45
Professional associations	52.07%	63
Employer	9.09%	11
Other (please specify)	41.32%	50
Total Respondents: 121		

Other responses included:
 Colleagues and supervisors
 ACC
 Local District Council
 NGO's
 Online training/courses
 Webinars
 Google
 Own experience
 Reading/own research
 Already working remotely

Q10 What primary telehealth method/platform did you use while working remotely?

Answered: 125 Skipped: 1



ANSWER CHOICES	RESPONSES	
Skype	8.80%	11
Facetime	4.00%	5
Zoom	52.00%	65
Doxy	14.40%	18
Telephone	12.00%	15
Other	8.00%	10
TOTAL		125

Other responses included:

Used multiple platforms

WhatsApp Messenger

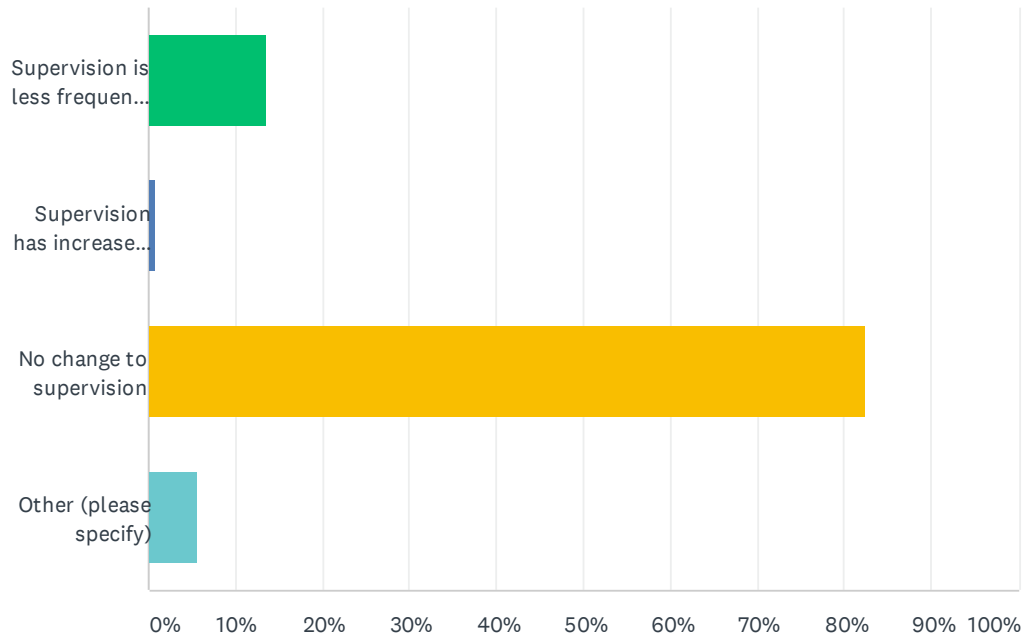
Microsoft Teams

Hangout

Preference order appears to be: Zoom, Doxy, Telephone, Skype, WhatsApp Messenger, Facetime, Microsoft Teams and Hangout

Q11 How is COVID-19 impacting your clinical supervision

Answered: 125 Skipped: 1

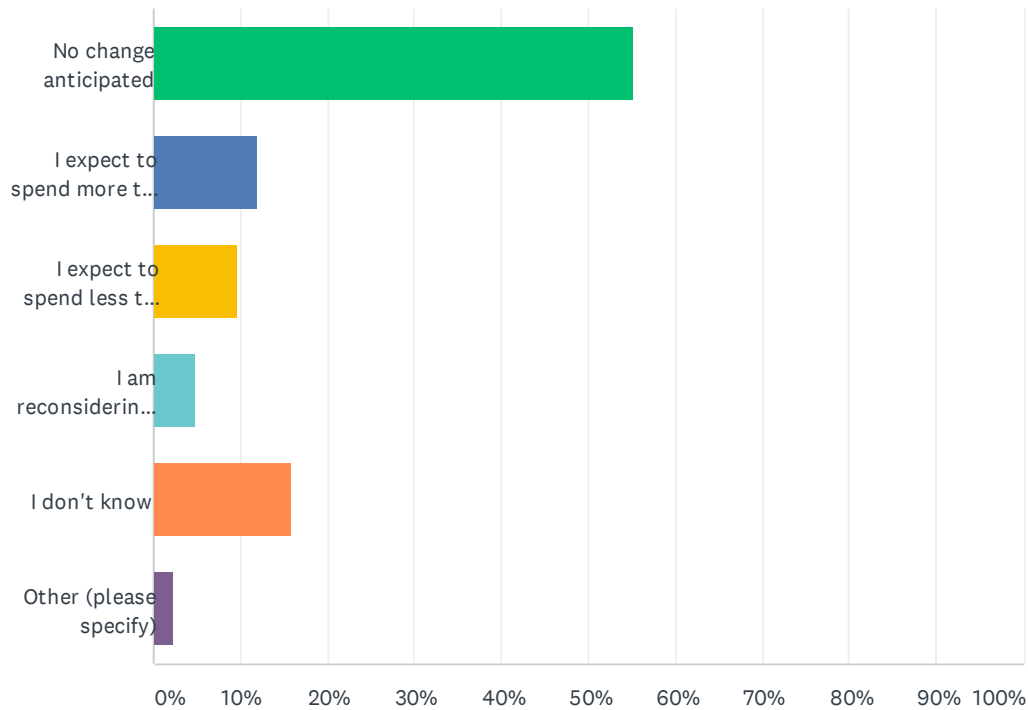


ANSWER CHOICES	RESPONSES	
Supervision is less frequent as my case load has decreased	13.60%	17
Supervision has increased due to the challenges of COVID-19	0.80%	1
No change to supervision	82.40%	103
Other (please specify)	5.60%	7
Total Respondents: 125		

Other responses included:
 Temporary decrease
 Supervision is now remote

Q12 Will COVID-19 impact the amount of time you expect to spend practising as a psychotherapist in the coming year?

Answered: 125 Skipped: 1



ANSWER CHOICES	RESPONSES	
No change anticipated	55.20%	69
I expect to spend more time practising as a psychotherapist	12.00%	15
I expect to spend less time practising as a psychotherapist	9.60%	12
I am reconsidering my practise	4.80%	6
I don't know	16.00%	20
Other (please specify)	2.40%	3
TOTAL		125

Other responses included:

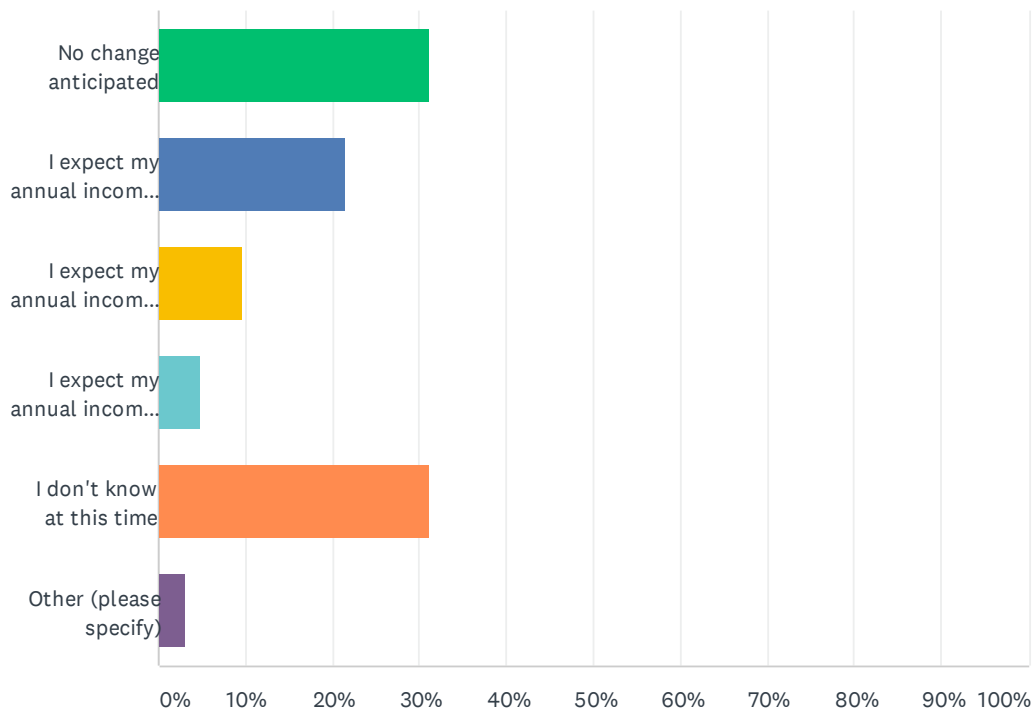
Reducing case load due to self care considerations - intensity of workload has increased

Fluctuations in practice anticipated

Decided to change lifestyle following lock down lessons

Q13 What impact do you expect COVID-19 will have to your income over the coming year?

Answered: 125 Skipped: 1

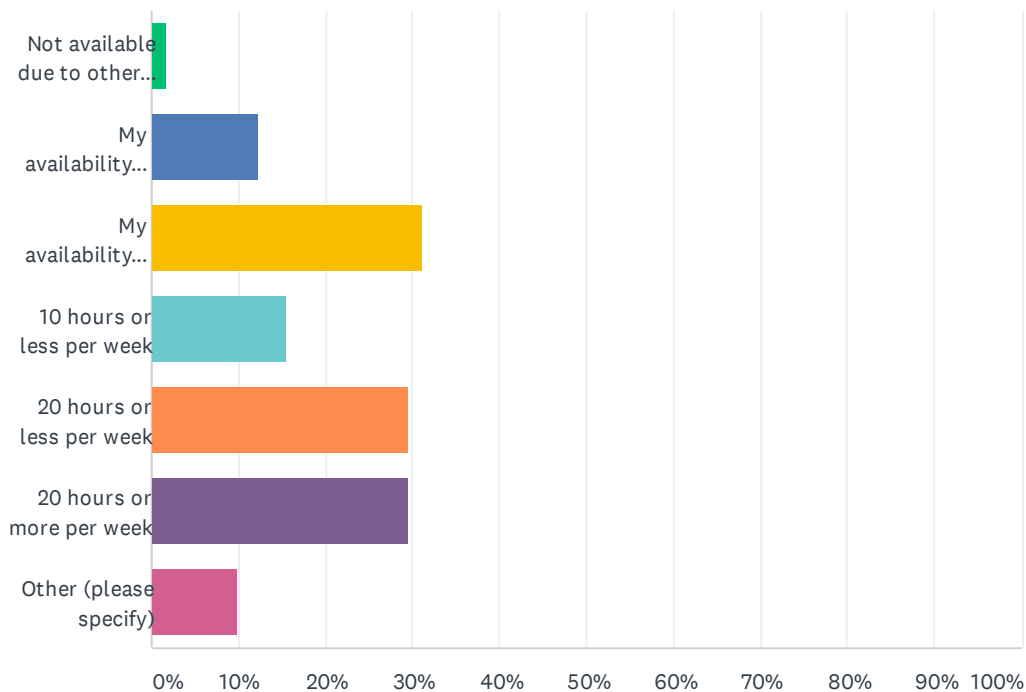


ANSWER CHOICES	RESPONSES	
No change anticipated	31.20%	39
I expect my annual income to decrease by less than 30%	21.60%	27
I expect my annual income to decrease by more than 30%	9.60%	12
I expect my annual income to increase	4.80%	6
I don't know at this time	31.20%	39
Other (please specify)	3.20%	4
Total Respondents: 125		

Other responses included:
 Reduced workload to reduce stress
 Income initially reduced, expect it to return to normal

Q14 During COVID-19 alert levels 4 and 3 what was your availability to continue to support clients? (you are welcome to select multiple answers)

Answered: 122 Skipped: 4

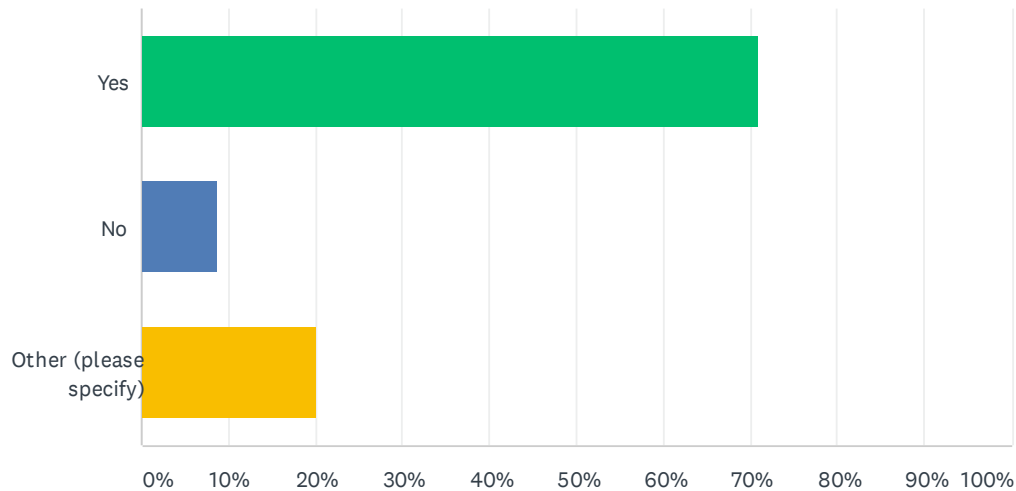


ANSWER CHOICES	RESPONSES	
Not available due to other responsibilities or commitments	1.64%	2
My availability decreased	12.30%	15
My availability increased	31.15%	38
10 hours or less per week	15.57%	19
20 hours or less per week	29.51%	36
20 hours or more per week	29.51%	36
Other (please specify)	9.84%	12
Total Respondents: 122		

Other responses included:
 Same but working remotely
 Adjusted workload to manage fatigue
 No clients
 Referrals reduced

Q15 Have the Board's COVID-19 communications and Website information been timely and helpful?

Answered: 124 Skipped: 2



ANSWER CHOICES	RESPONSES	
Yes	70.97%	88
No	8.87%	11
Other (please specify)	20.16%	25
TOTAL		124

Other responses included:

Did not like the tone of the information
 Did not see the communications
 Too much information - overwhelming
 Would have liked more detailed explicit guidance
 Would have liked more timely advice
 Helpful
 Support was minimal
 Neutral
 Yes, but require clearer telehealth policy
 Association information preferred