March 18, 2020

**Effective March 18, 2020**, Inspiring Healing and Hope Counseling has concluded in-office therapy sessions. For the health, safety, and well-being of our clients and therapist, we here at Inspiring Healing and Hope Counseling is following the guidance from the Centers for Disease Control and other public health experts. The CDC guidelines suggest that we isolate and create social distance. **This means to stop the spread of coronavirus, health officials have instructed the public to practice social distancing -- staying home, avoiding crowds and refraining from touching one another.**

We are offering our clients the options of utilizing the Zoom app or telephonic therapy sessions. You will need internet access and a electronic device that has a camera—Cell phone, tablet, or computer. Very much like in-person sessions, you will schedule an appointment with the therapist, and at the time of your appointment, log in and be seen. We will assure you that your sessions will be confidential and private, just like in the office. We ask that you identify a private place in your home so you can speak freely. If your child has a therapy session, please make sure they have private space as well.

We ask that you give the therapist verbal permission to provide therapy virtually at the beginning of each session. You have the right to opt-out of this way of being seen for therapy without any negative consequences, and you may return at any point by letting the therapist know. **If you would prefer to have a phone session instead of video, it is your responsibility to contact your therapist and leave a**

**message if you are unable to directly reach them.**

If you are a new, never before seen client, we will ask you to take a few extra steps to verify your identity. I have changed the format of the informed and addendum consent to word format. This will allow the new clients to download the forms and save them and email them back to the office. In addition, we asked that you send us a picture of your insurance card and ID.

Please take care of your physical, spiritual and mental health.

Stay Healthy and Safe,

Dr. LaShawn Faison-Bradley, LPC, NCC, CPCS

Inspiring Healing and Hope Counseling