**COVID19 Precautions: Teletherapy Options**

Dear Valued Client,

I know that each day we wake up to news updates and an ever growing list of changes we are making in our lives. It can bring up a lot of fear, anxiety and even grief as plans are cancelled, social distancing happens and daily routines are completely shifted. I truly value our relationship and have developed a plan so we can continue to take care of your mental health during this time. I want to be a place of support through what you are going through.

As of today, all sessions will be moved to virtual sessions. Just for now, we will not meet in my office. This is a temporary measure as the CoVid-19 will one day pass. We have two options moving forward based on your needs, both of which are secure and encrypted. You can utilize video sessions via Doxy.me, or phone sessions. I am happy to discuss the option that is best for you. Doxy.me is a HIPAA Compliant video-chat platform. I will send you a link via email or text (your choice). A few minutes before your scheduled appointment, all you must do is click on the link and you will be in my virtual waiting room. At your scheduled appointment time, I will contact you through Doxy.me and will appear on your computer or phone screen, ready to have our session.

Research shows that virtual sessions are an effective form of psychotherapy. There are a few differences than what you experience in my office. You will need to find a space if at all possible that is quiet and where you feel comfortable to share. If you have a headset that will also help with reducing noise and distraction. Many people prefer video as we can see each other’s faces and expressions.

I also recognize that your schedule may look different than it did when we scheduled your appointment(s). While this is temporary, I want to discuss if the session time we have scheduled for you each week still works for you or to explore how I can accommodate your needs. I will contact you at the beginning of each week to verify your scheduled appointment and make any necessary changes. I want to be as flexible as possible as I know this is a crucial time for all of us to maintain some sense of normalcy, to get support when we are isolated and to continue working on our strengths to take care of our mental well being. Please know, I am also doing things to care for myself so that I can be there for you fully. I will let you know when we are ready to resume in-office sessions. In the meantime, please take care of yourself and your family!!