

Consent for In-Person Psychotherapy

This document contains important information about the decision between us to meet in-person for psychological services. As the COVID-19 public health crisis evolves, it is our individual responsibility to measure the cost benefits of meeting in-person in the face of considering any risks of doing so. Your mental health needs may make it difficult for you to utilize telepsychology, and only you can determine the benefit for yourself of meeting in-person over virtually. Please read this carefully and let me know if you have any questions. When you sign this document, it will be an official agreement between us.

Decision to Meet Face-to-Face

We have agreed to meet in person for some or all future sessions. However, I reserve the right to require that we meet via telehealth if the situation warrants. Any concerns you may have about meeting through telehealth will be addressed between us.

If you decide at any time that you would feel safer utilizing telehealth services, I will respect that decision, and can agree as long as it is feasible and clinically appropriate. You should know that reimbursement for telehealth services may be determined by your insurance provider and applicable law, which may require our consideration and discussion.

Risks of Opting for In-Person Services

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk). This risk and exposure may increase based on your transportation choices.

Your Responsibility to Minimize Your Exposure

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, me, our families and other clients) safer from exposure, sickness and possible death. If you do not adhere to these safeguards, it may result in our starting / returning to a telehealth arrangement. Initial each item to indicate that you understand and agree to these actions:

- You will only keep your in-person appointment if you are symptom free. ____
- You will take your temperature before coming to any appointment if warranted. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you agree to cancel the appointment or proceed using telehealth. If you wish to cancel for this reason, I won't charge you our normal cancellation fee. ____
- You will use a hand sanitizer when you enter my office, which I will have available for you. ____
- You will wear a face covering as you enter the building and keep it on until you leave the building. ____
- We will keep a distance of 6 feet and there will be no physical contact between us. ____
- If you are bringing your child for therapy, you will help your child understand these sanitation and distancing protocols. ____
- If you find you have been exposed to other people who are infected, you will immediately let me know. ____
- If a resident of your home tests positive for the infection, you will immediately let me know and we will meet via telehealth. ____

I may need to change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.

