

## Coronavirus 2020:

### Living with Social Distancing, Therapy and You!

Your physical and emotional health are very important to me. Based on public health recommendations of social distancing, my practice will be moving to a combination of in person sessions supported by telehealth (video meetings through the computer) to ensure you continue to have access to care, and that you don't have to be concerned about possible exposure in waiting rooms, offices, etc. This is a rapidly changing situation and I am available to talk through the logistics with you. I will let you know should I become directly exposed to Covid-19 and ask that you do the same. As with all places we go, should you have any signs of illness please contact me to discuss how to move forward.

Some things to consider when we 'meet' through a computer online video platform:

1. Be on time and I will be too. It will decrease confusion over using a new platform to talk if we are both ready at the same agreed upon time.
2. Try to speak with me from a private place – and please let me know at the beginning of our time together where you are. I will make every attempt to speak with you from my office.
3. Your privacy is important to me. I may not understand if something occurs on your end that comprises your privacy or inhibits your freedom to speak with me. If this happens please use the following 'safe phrase' to alert me that we must speak about another topic or end the session. The safe phrase is: The coronavirus came on suddenly! Your saying this phrase or the word 'suddenly' to me will alert me that there has been a sudden change in your level of comfort speaking with me 😊
4. It is important that we can see each other – your computer, tablet or phone will need to be held steadily in a proper position, to make our communication easy.
5. Please keep in mind that this experience may be a little different, and may feel a little different than when we meet in person. You are welcome to explore that with me.
6. Be confident that this may work. Research has shown that video therapy can be just as effective as in person therapy and it is my intent to make this as beneficial as possible for you.
7. For those of you that are gamers, please remember that this is 'real': I am really sitting across from you, paying attention to you just as I would be if we were meeting in the office.
8. Should the video be disrupted, I will phone you to discuss how to proceed.
9. As in every session, honest communication is important to having a good, productive session! I am committed to working with you through this time limited public health crisis.

Peacefully,

Maureen