



Updated office policies

The following changes have been implemented to promote the health and safety of our clients and therapists as we return to in person sessions:

Upon arrival:

- Please remain in your car 1-2 minutes before your designated session time
- Use keypad in entryway to contact therapist
- A large plexiglass barrier has been installed around the secretary's desk to minimize contact
- Masks, scarves, or bandanas are required upon entering the building and in general areas (hallway, bathroom)
- Utilize hand sanitizer upon entry of building (located on secretary's desk)

While in session:

- Client seating and therapist chairs are positioned 6ft apart
- Hand sanitizer is provided
- The use of masks is at the discretion of therapist and client
- HEPA air purifiers will be utilized, as well as other supplemental natural purifiers (plants, sage, salt lamps, etc.)
- Sessions will end a few minutes early to allow for the therapist to clean necessary areas, while practicing social distancing between clients
- Please inform your therapist if you are experiencing any health related concerns *including but not limited to* fever, cough, or respiratory issues, if you have traveled out of the country in the last two weeks, or been in contact with a person that tested positive for COVID-19

While Peace of Mind Therapy has taken the above mentioned precautions, attendance of in person sessions presents risk of exposure to COVID-19 and other health related concerns beyond our control. If you are uncomfortable meeting in person, secure telehealth options are available. Please speak with your therapist regarding any questions or concerns.