

## **Informed Consent to Safety Practices during the Pandemic**

### **Lancaster Psychotherapy**

As the COVID19 coronavirus is better contained and Lancaster County moves from the red to yellow phase of restrictions on June 5, I will resume seeing some clients in person on Monday, June 8, 2020. This consent form explains the risks involved when meeting in person and the safety practices you, my client, and I, your therapist, agree to follow during the pandemic.

Research at this time shows this virus spreads primarily through airborne transmission as droplets or aerosolized particles when an infected person coughs, sneezes or talks near other people. Spread less likely occurs by touching people or surfaces infected with the virus. We can reduce its spread by taking some well known protective measures. The following is a list of commonly recommended practices for psychologists when meeting clients in person during the pandemic. This consent form is our agreement to follow the recommendations below so that we can safely meet in person.

To help contain the virus I, your therapist, agree that I will:

- Cancel in-person appointments if I have any COVID19 symptoms, including shortness of breath, fever, or cough within the past 14 days
- Cancel in-person appointments if I traveled out of the country or was with someone diagnosed with COVID19 within the past 14 days
- Keep my hands clean by washing them or using a hand sanitizer
- Remain at least 6 feet distance from you during our session
- Cover my mouth when I cough or sneeze
- Regularly clean surfaces and objects in my office that clients touch, such as where they sign their receipt, pens and door knobs

To help contain the virus you, my client, agree that you will:

- Cancel your in-person appointment with me if you have any COVID19 symptoms, such as shortness of breath, fever, or cough in the past 14 days
- Cancel your in-person appointment if you traveled out of the country or were with someone diagnosed with COVID19 within the past 14 days

- Keep your hands clean by washing them in the bathroom before your appointment or using the hand sanitizer in my office or building entrance
- Try to not use my building's public bathrooms, except to wash hands
- Try to come on time for your appointment and not earlier so that you don't have to wait in the hallway
- Use a mask or maintain physical distance when walking in my office building's public spaces, such as the reception area and the hallways

Although continuing to see all my clients online would be most effective in containing the spread of this virus, you can have important reasons for wanting to meet in person. Please check your reason(s) below:

- You benefit more from therapy when you meet with me in person
- You don't have a private space at home for online sessions
- You don't have a computer or wifi service for tele therapy sessions
- Your insurance no longer covers for tele therapy sessions
- Other: \_\_\_\_\_.

Please ask me any questions you have from this form about the risks involved in resuming therapy in person. Your signature below attests that you understand the risks involved with in-person therapy and that you have decided the benefits of in-person therapy outweigh the risks.

---

Client signature	Client name	Date

---

Susan Cabouli, Ph.D. Clinical Psychologist	
	Date