

## Consent for Returning to In-Person Psychological Services During COVID-19

This Consent for Returning to In-Person Psychological Services is a supplement to the general informed consent that we agreed to at the outset of our clinical work together. Please read this document carefully, and let me know if you have any questions.

### Decision to Meet Face to Face

The threat of COVID-19 is ongoing throughout the United States. As a way to mitigate the risk of exposure to COVID-19, our practice has transitioned to providing most services via telehealth technology while temporarily suspending in-person assessment services. Use of telehealth reduces the need for persons to come into close contact with each other or to be in areas where exposure to COVID-19 may occur. However, in some situations, teletherapy services may not be adequate, and in-person services may be more appropriate.

We have determined that in-person services are appropriate at this time for your situation for the following reasons:

- Psychological assessment services which are unable to be ethically completed via telehealth and require in-person interaction in order to inform diagnosis, treatment, and/or school placement.
- Therapy via the telehealth platform does not appear to be allowing for the level of engagement that would be considered sufficient in order to make progress toward treatment goals.
- Other: \_\_\_\_\_

The decision about whether to engage in in-person services is based on current conditions and guidelines, which may change at any time. It is possible that a return to remote services will be necessary at some point based on consideration of health and safety issues. Such a decision will be made in consultation with you, but I will make the final determination based on a careful weighing of the risks and applicable regulations.

It is also important to consider that, although insurance reimbursement for teletherapy services may have been mandated during the COVID-19 pandemic, such mandates may no longer be in effect, and teletherapy may no longer be reimbursed by your insurance company.

### Reasons You Should Not Present for In-Person Services

- If you have a fever, shortness of breath, coughing, sudden loss of taste or smell, or any other symptoms associated with COVID-19.
- If you have been exposed to another person who is showing signs of infection or has confirmed COVID-19 within the past two weeks.
- Even if you are not experiencing the above symptoms, we ask that you take your temperature prior to your appointment and cancel your appointment if your temperature is elevated.
- *Note:* The usual policies of payment for missed sessions with less than 24-hour advance notice are suspended during the current situation, if suspected or confirmed illness of yourself or a close loved one is the reason for cancellation.

### **Provider and Patient Responsibilities to Minimize Exposure**

In order for me to provide in-person services, the following protocols must be followed by patients and providers:

- Social distancing requirements must be met, meaning that you must maintain a six-foot distance from others while in offices, waiting rooms, and other areas.
  - Note: This may not be possible in psychological testing situations. We will ensure as much distance as is possible and will be taking additional safety precautions (e.g., no sharing of materials, sanitizing items between each use, etc.).
- Patients and providers will be required to wear face coverings or masks while in the office. Please remember to bring a mask with you to your appointment.
- Hand sanitizer will be provided at the office entrance and must be used upon entering the office. You agree to immediately wash or sanitize your hands following any touching of your face or mask.
- There will be no physical contact with others in the office.
- You will be asked to wait in your vehicle or outside the office until you receive a phone call from office staff indicating that you can enter the office for your appointment.
  - Parents: You will be asked to remain outside in your vehicle during your child’s appointment, if appropriate. Any relevant treatment updates or concerns may be discussed via telehealth or at a safe distance outside before or after the appointment.
- If you are bringing a child or other dependent in for services, you agree to ensure that both you and your child/dependent follow all of these protocols.

### **Risks for Opting for In-Person Services**

We remain committed to following state and federal guidelines and to adhering to prevailing professional healthcare standards to limit the transmission of COVID-19 in our office. Despite our careful attention to sanitization, social distancing, and other protocols, there is still a chance that you will be exposed to COVID-19 in our office. If, at any point, you prefer to stop in-person services or to consider transitioning to remote services, please let me know.

By signing below, you acknowledge that you understand that there is still a potential risk of exposure and that you agree to follow the safety protocols outlined above in order to engage in in-person services.

\_\_\_\_\_  
Patient/Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Date