



Triangle Psychotherapies & Consultation, LLC

Covid-19 Safety Guidelines for In-person Therapy (7/8/20)

Triangle Psychotherapies provides in-person therapy and as needed, teletherapy. As we gradually open and likely reopen our offices, we have taken precautions. To protect you and the therapists, we have installed a state-of-the-art purifier in the air conditioning system, individual purifiers (medify) in each office, and established safety guidelines for in-person psychotherapy. If you can't agree to these guidelines, then teletherapy may be the best option.

1. Triangle has private parking for patients. It is convenient and private; we ask you to wait in your car until you are contacted (text or phone) by your therapist. Our waiting room is not being used.
2. We have rearranged office furniture to promote safe distancing.
3. Masks are required. We will have cloth masks available should you forget your own.
4. We have scheduled appointments at intervals to minimize overlapping appointments.
5. Please use the hand sanitizer installed at the entrance (60% alcohol).
6. We have posted notices in the bathrooms encouraging people to wash hands and avoid touching their face.
7. We ask you to take your temperature before a visit and request teletherapy when you register a fever or other symptoms. Your therapist will do the same.
8. If you have contact with someone infected or have had some other risk of exposure, please quarantine for 14 days before resuming in-person therapy; inform your therapist and request teletherapy during this time.
9. We will avoid handshaking and the therapist will open and close the therapist office door.
10. Triangle has implemented safety guidelines, but this does not mean we are without risk; we can only assure you that we have followed the known best practices for patient and therapist safety.

I have read the guidelines and agree to comply with them.

Name

Date