



**Our office is OPEN** and we are conducting in-person individual and small-group therapy sessions. We have taken precautions in the office by being smart about social contact and the spread of germs. Specifically, we are decreasing physical contact and social distancing and we are encouraging frequent hand washing and the use of hand sanitizer. We are disinfecting each room after each patient visit. While we will remain in the office, patients may choose to conduct their individual and/or group therapy sessions via videoconference.

## TELETHERAPY

In order to accommodate patient needs during the COVID-19 outbreak, we are offering as an option for patients to use our teletherapy application called VSee to conduct video sessions remotely. You can teleconference into session through this program, which is HIPAA compliant. **Please let our office know in advance if you intend to attend a session via VSee.**

Please follow the instructions below in order to download and set up VSee:

1. On your computer, Google "VSee Download" and it should be the first link that comes up. On your tablet or phone, go to your App Store and search "VSee Messenger"
2. Once download is complete, the program should prompt you to register with an email address and walk you through the next steps of registration.
3. Once you are registered, in your Contacts tab, you will search for: **[doctors' email]** and click "add."
4. On the day of the session, log in 5 minutes prior to your scheduled time.
5. Click the Video icon next to **[doctors' email]** in your contacts.

**For the VSee sessions, it is important that you can get yourself to a private room with no interruptions. Interruptions cause not only possible privacy violations, but also impact the effectiveness of therapy. Excessive interruptions may warrant disconnection of the call.**

Please let us know if you have questions!