

Resuming In-Person Therapy Sessions

As COVID restrictions are lifted and many of us are now vaccinated, in-person therapy sessions are becoming safer and safer. Through the pandemic, it has been my goal to keep safe and quality psychotherapy accessible for my clients, and I remain committed to that goal. I will resume offering in-person psychotherapy services on Thursday June 3, 2021. The following steps will be taken to help make sure everyone involved feels as safe, comfortable, and respected as possible.

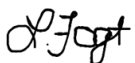
1. **Options:** As long as your insurance plan will cover teletherapy, you will be free to choose to complete your therapy sessions online or in-person. This option will remain available for self-pay clients indefinitely. I do however reserve the right to make the recommendation for in-person sessions if clinically indicated.
2. **Waiting Room:** Support staff and I will take steps to prevent a crowded waiting room. If needed, you may be asked to wait in your car or in a spare exam room or office if crowding is becoming a concern. You are free to wait in your car if that feels safer to you. Please call when you arrive so our staff can check you in. I will wave you in from the front door when I am ready to start your appointment. Please arrive on time for your appointment and try to avoid arriving early to minimize wait time. I will make my best effort to stay on time.
3. **Paperwork:** We will make an effort to provide any lengthy paperwork in advance of your appointment in order to allow you to complete forms ahead of time and minimize lingering in the waiting room.
4. **Screening:** You may be asked screening questions when you enter the office to minimize risk for staff and clients. Temperature checks may also be requested.
5. **Sanitizing:** Hand sanitizer will be available in multiple areas of the office. I will also take steps to sanitize frequently touched surfaces and/or equipment between appointments. I will also have an air purifier with UV-C function and HEPA filter.
6. **Masks:** Masks are optional for those who are fully vaccinated for COVID-19. If you would like me to wear a mask or face covering to help you feel safe, please let me know. I have been fully vaccinated. Those who are not fully vaccinated will be required to wear a mask in all common areas and in my office.
7. **Beverages:** If you wish to bring a beverage to your session, please use covered drinkware. Please refrain from bringing food to therapy.
8. **Quarantine/Isolate:** In case of potential exposure or positive COVID test results, I will request individuals to quarantine and/or isolate according to CDC and/or local public health guidelines. Your sessions can be conducted remotely via teletherapy during that time.

I will be available for in-person sessions on Mondays and Thursdays 9am to 4:45pm with the exception of major holidays.

The guidelines listed above apply to any appointments with me. Other providers may have different guidelines, expectations, and availability.

If you have any questions or concerns about my policies and procedures for in-person therapy sessions, please reach out to me by calling the office at 513-217-5221 or email me at leah.fogt.lisw@gmail.com. These policies may change as risk level, local public health guidelines, and CDC recommendations change.

Thank you for your patience and cooperation as we navigate this transition.



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