

April 30, 2020 Coronavirus (COVID 19) and Our Office Procedures: An Update

At this time all appointments are being scheduled as phone or virtual sessions. We continue to follow all CDC and WHO guidelines and will make our decisions slowly on reopening on face-to-face basis for sessions and keep you aware when that changes.

We know this continues to be a stressful time for people, and hope that the information on our website is helpful – take a look at the blogs as well as the Covid page. Until we reopen the office, we do continue to book a full schedule of clients on a virtual basis, so feel free to contact us. And in the meantime, please take care of yourself with the recommended measures of: washing your hands, often and for 20 seconds each time; maintaining social distance of 6-10 feet when in public; sanitizing anything brought into your homes; wearing a face cloth or mask around others; coughing or sneezing into a tissue and disposing of it; and avoiding gatherings of 10 people or more. If you have questions about how to best follow current recommendations, take a look at the CDC website that has loads of information from what is happening with the spread, to how to protect yourself and how to prepare your home, and what to do if you think you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> Beyond the basics in self-care noted above, remember to limit yourself to one hour per day of news and social media viewing.

If you have an appointment with Dr. Beth, we prefer that you do so via video session using our program that is encrypted to HIPAA standards to protect your privacy more completely. However, it is your choice and if you prefer a phone call instead, please realize that is less confidentially safe. For video session, I will send you instructions on how to connect. There is also a link on our Covid page. We also need the phone number and email to use for these sessions. As always, if you have trouble, you can reach me, Angie, at 706-414-0898 or Dr. Beth at 602-508-9190.

A final thought for all of you as we continue dealing with COVID-19. Also look at the emotional and spiritual needs you have. We have posted a good deal of information both at <https://www.thewholenessinstitute.com/covid-19-resources.html/> and in our blog at <https://thewholenessinstitute.wordpress.com/> to help you through this period. We will continue to post new blogs throughout this time, so note that you can also subscribe to them by signing up for newsletters on that page. Mindfulness continues to be key to managing the stress related to this – and there are some resources for this on the resources page as well. Self-care is essential during this time. But also remember that you can work with Dr. Beth when things are more difficult for you.

Best regards and take care,

Angie Read, Practice Manager and Beth Sikora, PhD, Psychotherapist