

Dear clients,

King County, WA is currently experiencing an outbreak of the novel Coronavirus (COVID-19). Federal and County public health officials have issued guidance, and I am monitoring their advice on a regular basis. COVID-19 symptoms include fever, cough, and/or shortness of breath.

My primary goal is to assist all clients keep healthy and safe, while maintaining your access to mental health services to the greatest extent possible.

I will continue to send updates via therapy portal. In addition you can access the most current information about my practice by bookmarking/visiting this page:

<https://www.seattledramatherapy.com/news>

I will also keep the [Facebook Seattle Drama Therapy page](#) updated.

Current Practices & Recommendations at Seattle Drama Therapy

1. My office remains open. However, I encourage all clients to do what they deem helpful to keep themselves healthy and safe. For this reason, I'm suspending the standard 24 hours advance notice required to cancel or reschedule appointments without financial penalty. Please let me know as soon as possible if you will not be attending a scheduled appointment.
2. Please don't come to my office if: (a) you feel sick; (b) think you may be getting sick; (c) someone in your home is sick; or (d) you believe you have been in contact with someone diagnosed with COVID-19. I will operate on the same basis and will cancel sessions as needed.
3. In keeping with public health advice, I (a) discourage us from shaking hands, (b) am washing my hands (c) am discontinuing any drama therapy activities that involve us being in close contact or touching. (d) may keep more distance between chairs. Between sessions, I am doing my best to disinfect surfaces in my office as well as doorknobs.
4. King County encourages individuals in the following categories to consider avoiding public situations:
 - Those 60 years of age or older;
 - Those with underlying health conditions, including heart disease, lung disease, or diabetes;
 - Those with weakened immune systems; or
 - Those who are pregnant

CLIENT INFORMATION RE: CORONAVIRUS (COVID-19) IN KING COUNTY, WA

5. For individual clients who do not feel comfortable attending sessions in person: I'm able to offer tele-health services using a secure, HIPAA-compliant web portal. You don't need to download software or an app, as this portal works with most web browsers. You don't need to be computer savvy as it only takes 2 clicks to connect and the platform is very easy to use. Please let me know in advance if you'd like to schedule a tele-health session. I don't recommend this modality for intakes or brand new clients.
6. For couple/relationship clients who do not feel comfortable attending sessions in person: I'm not able to offer tele-health sessions for multiple simultaneous clients at the present time. Instead, I suggest we talk about your concerns, consider pausing our planned meetings, and continue monitoring the situation.
7. Consult reliable, evidence-based sources of information in making choices about how you respond to this public health situation.

These include:

US Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/about/FactSheet.pdf>

Washington State Dept. of Health: <https://www.doh.wa.gov/Emergencies/Coronavirus>
King County & Seattle Public Health: <https://publichealthinsider.com/>

Please contact me with any questions or concerns you may have.