

Working Together During the Coronavirus (COVID-19) Situation

In response to the COVID-19 virus and associated changes to daily life, our clinicians are offering both teletherapy (i.e., remote) appointments as well as face-to-face meetings. If you are interested in working remotely with one of our clinicians, we are happy to offer the option of meeting using HIPAA compliant audio and/or video sessions.

Our primary goal is to make this challenging time as manageable and safe as possible. Our concern, in addition to the obvious medical threats, is the psychological health of each person, including day-to-day experiences of anxiety, coping with uncertainty and potentially re-activated emotions that trigger unwanted thoughts, feelings and actions, particularly as these interfere with daily life.

We encourage all clients (past, current and future) to weigh personal and community risks as you consider your options for therapy, and note that these options may change as new information becomes available. We are closely following guidelines from the King County Health Department's website, the Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO), and consulting with colleagues and following recommendations from professional associations.

In our office we are also taking specific steps to increase safety. We are recommending that all clients and clinicians take precautionary measures including frequent hand washing, social distancing, limiting contact with others who clearly present a risk because of specific symptoms or previous contact with the virus, and self-quarantining when appropriate. Similarly, if you are feeling ill or suspect you may have been in contact with someone with the novel coronavirus, please do not come to the office; we will be happy to set up a telehealth session for you.

We believe that this experience will prove to be one in which we find ourselves working more closely with one another, coming together as communities and individuals to provide supportive, encouragement and caring to others. With trust, optimism and confidence in the goodness of each other, we have no doubt we will get through this challenging and difficult time.

You may find the following resources helpful:

The Centers for Disease Control (CDC) regarding mental health and coping during COVID-19:
<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Dr. Ali Mattu's youtube piece on COVID-19 related anxiety may be helpful:
<https://www.youtube.com/watch?v=3yQj-Mscn7k&feature=youtu.be>

The Guardian Article: How to Boost Your Immune System:
<https://www.theguardian.com/lifeandstyle/2020/mar/08/how-to-boost-your-immune-system-to-avoid-colds-and-coronavirus>

Vox: How Canceled Events and Self-Quarantines Save Lives, in One Chart
<https://www.vox.com/2020/3/10/21171481/coronavirus-us-cases-quarantine-cancellation>