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Dear Client,

I know that each day we wake up to news updates and an ever growing list of changes we are making in our lives. It can bring up a lot of fear, anxiety and even grief as plans are cancelled, social distancing happens, and daily routines are completely shifted. I truly value our relationship and have developed a plan so we can continue to take care of your mental health during this time. I want to be a place of support through what you are going through.

As of today, I will begin offering additional options for sessions, which include:

- **In Office** - I ask that you kindly call or text me to reschedule should you develop symptoms of a cold, flu, or are running a fever. I will maintain sanitary conditions for both of our health and will adhere to social distancing guidelines as instructed by the CDC.
- **Meeting outdoors** - (Weather and lighting permitting) When meeting clients outdoors I like to visit the Rotary Park at Suntree which is located very near to my office at US1 and Suntree Blvd. I find that this location offers fresh air, relaxation, and enough space so that we can continue our work in relative privacy. Please keep in mind that this location does not offer complete confidentiality as we would be outdoors, but past sessions conducted there have not been disturbed by other park visitors, but, I suppose, that's always a possibility.
- **Telephone** - We'll schedule our phone call in advance just as we do our regular sessions. For those incorporating more experiential work this may prove a little more difficult. In that case, telehealth is recommended.
- **Telehealth Sessions** - We have access to a HIPAA-compliant videoconferencing platform where we can meet online and conduct sessions from the privacy of your home, office, or vehicle. Video sessions are accessible through the client portal from your computer or through an app when using a smartphone or tablet. Please follow this link for more information:

https://support.simplepractice.com/hc/en-us/articles/360003183011-telehealth-faqs-for-clients?utm_medium=email&utm_source=sp-cst&utm_campaign=20200316-paid-trial-blog-update-covid-19-telehealth-resources&utm_content=body-link-3-telehealth-faq-guide

This is a *temporary* measure as the CoVid-19 will one day pass, although these options have been in place prior to this situation. I just want you to be more aware of them. In addition to these options, I will continue to offer support with messaging through the

Client Portal, and Journaling. I am happy to discuss the option that is best for you. Research shows that virtual sessions, whether through videoconferencing or telephone, are an effective form of psychotherapy. There are a few differences than what you experience in my office. You will need to find a space, if at all possible, that is quiet and where you feel comfortable to share. If you have a headset that will also help with reducing noise and distraction. Many people prefer video as we can see each other's faces and expressions.

I also recognize that your schedule may look different, as does mine. While this is temporary, I want to discuss if our session time works for you or to explore how I can accommodate your needs. I want to be as flexible as possible as I know this is a crucial time for all of us to maintain some sense of normalcy, to get support when we are isolated and to continue working on our strengths to take care of our mental well being. Please know, I am also doing things to care for myself so that I can be there for you fully.

Please respond to this email with confirmation that you received it and let me know which option(s) you prefer.

- **In person**
- **Online**
- **Telephone**
- **Outdoors**

Let me know if you need to hop on the phone to speak about a plan.

Once our plan is determined, I will send you a consent form via the Client Portal. Please also be aware that if this situation worsens, for the health and safety of you and me, I will move all sessions to Telehealth be it via videoconference or telephone.

I look forward to seeing you this week or next.

Sincerely,

A handwritten signature in cursive script, reading "Christina H. Principe".

Christina H. Principe, MA, LMHC, BC-TMH, NCC