



## CONSENT TO IN-PERSON TREATMENT DURING COVID-19

Welcome to the Center for Individual & Family Therapy (“CIFT”), a Christian counseling center. The following is an agreement to resume in-person services in light of the COVID-19 public health crisis. Please read this carefully and let your therapist know if you have any questions. When you sign this document, it will be an official agreement between you and CIFT.

**DECISION TO MEET FACE-TO-FACE:** You and your CIFT therapist have agreed to meet in person for some or all future sessions. If there is a resurgence of the pandemic or if other health concerns arise, however, it may require that you meet via telehealth, defined as any electronic form of communication. If you have concerns about meeting through telehealth, please discuss this with your therapist to address any issues. You understand that, if CIFT deems it necessary for any reason, CIFT may require that therapists return to exclusively providing telehealth services for the well-being of any relevant individual or the general public health.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services, we will respect that decision. Your therapist will coordinate with you for telehealth services as long as those services are feasible and clinically appropriate. Reimbursement for telehealth services, however, is determined by insurance companies and applicable law. Please discuss this issue with your therapist if it is relevant to your needs or situation.

**RISKS OF OPTING FOR IN-PERSON SERVICES:** You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk). This risk may increase if you travel by public transportation, cab, or ridesharing service, use public restrooms, or engage with any other areas or objects that are public or high traffic in nature.

**YOUR RESPONSIBILITY TO MINIMIZE YOUR EXPOSURE:** To obtain services in person, you agree to take certain precautions which will help keep everyone (you, your therapist, and others) safer from exposure, sickness and possible death. If you do not adhere to these safeguards, it may result in starting / returning to a telehealth arrangement. *Please read carefully. Your signature below acknowledges that you understand and agree to these actions:*

- You will only come to the office for your in-person appointment if you are symptom free.
- You will take your temperature before coming to each appointment. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you agree to cancel the appointment or proceed using telehealth. If you wish to cancel for this reason, you will not be charged our normal cancellation fee.
- You will wait in your car or outside [or in a designated safer waiting area] until contacted by your therapist or no earlier than 5 minutes before your appointment time.
- You will wash your hands or use alcohol-based hand sanitizer when you enter the building.
- You will adhere to the safe distancing precautions we have set up in the waiting room and testing/therapy room. For example, you won't move chairs or sit where we have signs asking you not to sit.
- You will wear a mask in all common areas of the office (lobby, hallway, restrooms).
- You will keep a distance of 6-feet and there will be no physical contact (e.g. no shaking hands) with your therapist or any CIFT staff.
- You will try not to touch your face or eyes with your hands. If you do, you will immediately wash or sanitize your hands.
- If you are bringing your child, you will make sure that your child follows all sanitation and distancing protocols as outlined.
- You will take steps between appointments to minimize your exposure to COVID-19.
- If you have a job that exposes you to other people who are infected, you will immediately make your therapist aware of this.
- If your commute or other responsibilities or activities put you in close contact with others (beyond your family), you will let your therapist know.
- If a resident of your home tests positive for the infection, you will immediately let your therapist know and we will begin/resume treatment via telehealth.

CIFT may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, your therapist will notify you about any necessary changes.

**CIFT’S COMMITMENT TO MINIMIZE EXPOSURE**

CIFT has taken steps to reduce the risk of spreading the coronavirus within the office and has posted our efforts in the office. Please let your therapist know if you have questions about these efforts.

**If You or Your Therapist Are Sick**

You understand that CIFT is committed to keeping you, your therapist, other CIFT staff, and all of our families safe from the spread of this virus. If you show up for an appointment and your therapist or our office staff believe that you have a fever or other symptoms, or believe you have been exposed, we will have to require you to leave the office immediately. Your therapist can follow up with services by telehealth as appropriate.

If your therapist or CIFT Staff test positive for the coronavirus, we will notify you so that you can take appropriate precautions.

**YOUR CONFIDENTIALITY IN THE CASE OF INFECTION**

If you have tested positive for the coronavirus, CIFT may be required to notify local health authorities that you have been in the office. If CIFT determines a need to report this, we will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for your visits. By signing this form, you are agreeing that we may do so without an additional signed release.

**INFORMED CONSENT**

This agreement supplements the general informed consent to treatment agreement that was agreed to at the start of your work with a CIFT therapist.

This is the entire agreement between the parties and cannot be changed except in writing by both parties. **Your signature below indicates that you have read this agreement and agree to its terms.** Please feel free to discuss any concerns you may have with your therapist or our Clinical Director at 714-558-9266.

Your signature below shows that you agree to these terms and conditions.

_____	_____	_____
Client Signature	Client Name (Please Print)	Date
_____	_____	_____
Client Representative Signature	(If Rep., Print Name & Relationship to Client)	Date
_____	_____	_____
Therapist Signature	Therapist Name (Please Print)	Date

## CIFT Office Safety Precautions in Effect During the Pandemic

CIFT is taking the following precautions to protect our clients and help slow the spread of the coronavirus.

- Staff is being asked to take their temperature before coming into the office. If they feel sick or have a fever, they are asked to stay home.
- **Masks are required to be worn by clients and staff at all times in common areas** including the lobby, hallways and restrooms. A sign indicating this requirement is posted on the front door of the office. If you and your therapist agree, masks can be removed in the therapy room during your session. If you arrive and do not have a mask, please notify your therapist and one will be provided.
- We ask all patients to wait in their cars or outside until contacted by your therapist or no earlier than 5 minutes before your appointment time.
- Office seating in the waiting room and in therapy/testing rooms has been arranged for appropriate physical distancing.
- Employees and clients should remain 6 feet apart when walking in the hallway, entering the therapy room & at all payment stations. We encourage you to avoid congregating in common areas unless the space permits you to remain 6 feet apart.
- Hand sanitizer that contains at least 60% alcohol is available in the lobby, therapy/testing rooms, and at the payment stations.
- Public restrooms are being maintained by building maintenance and everyone is encouraged to wash their hands with hot water and soap for at least 20 seconds or utilize the hand sanitizer provided.
- Physical contact is not permitted.
- Tissues and trash bins are easily accessed. Trash is disposed of on a frequent basis.
- Common areas are thoroughly disinfected at the beginning, middle and end of each day. Credit card pads, pens and other areas that are commonly touched are disinfected frequently and hand sanitizer is provided for your use.