

Dear Current Clients and All Potential Patrons,

In light of the current state of affairs in our society and the spread of this new virus, I would like you to know that I am taking the necessary precautions to do my best to keep you, me, and everyone that enjoys the studio safe. The following protocols are being encouraged and observed:

Coronavirus Precautions

- Stay 6' feet+ away from other people.
- Practice not touching your face or ears.
- Cover your nose and mouth when you cough or sneeze.
- Wash your hands for 20 seconds or more, often.
- Use hand sanitizer when washing is unavailable, especially after being in a public place.
- Clean your space, common spaces such as door knobs, keyboards, phones, light switches, etc.
- Disinfect your body and your space often.
- Pretend you are infected and you do not want to infect someone you care about who is at risk.
- Wear a mask in public areas when more than 3 people are present.

The therapist practices good hygiene as well as social distancing at the studio as well as at home. The therapist only goes to the studio and home, there is no contact with others or excursions of any sort. All shopping is done online and delivered (picked up when necessary). People are refraining from coming into the studio sick. A cleaning service continues to clean and sanitize the studio weekly and other disinfecting procedures are used between professional cleanings. There are face masks available here for your use as well as plenty of hand sanitizer and soap on hand.

Anyone with health risks or uncomfortable with coming to a public place and are undergoing treatment currently (or may in the future) may choose the video chat option for their sessions.

There are no plans to close the studio, however, I do not want this virus to disrupt your treatment if I can help it. Hopefully you won't let this virus stop you from your own goals and treatment.

Most schools are closed for the rest of the school year, and public gatherings of any sort are cancelled through the end of April (possibly into May). The reason behind this is to slow down the progression of the virus so the hospitals and our healthcare system doesn't get flooded, overwhelmed and fail us.

The chances of getting the virus are greater each day. For most of us this means having flu-like symptoms for a week or two until your body can fight it off. The health care advice is the same as the flu: stay in bed and rest, hydrate, take over-the-counter medications to help alleviate the symptoms while you rest, and eat soup. Only those with other medical conditions and complications and those over 65 are at greater risk of the virus progressing into something worse. This might be you personally or you may have a close family member that fits the latter category. Which is why taking necessary hygiene and isolation measures are very important. We can be carriers as well, and not know it.

As for video chat sessions there are a few things to consider. First, you would need access to a computer with a stable internet connection, webcam, microphone, and a private setting to use it in. I cannot be sure of the confidentiality and HIPAA compliance on your side of the computer, or responsible for it. Secondly, while video sessions allow us to continue talking without leaving our own spaces and comply with the social isolation rules, there is less access to art materials and would put any projects you have started here on hold temporarily. Thirdly, if you use your health insurance, not all companies and plans will cover telehealth/ video chat (or phone sessions) sessions. It is highly recommended you call your insurance provider and ask if telehealth is covered, how much is covered, and if an authorization is required.

If you have any questions or concerns regarding any of the procedures or services here please email Brenda at: ArtTherapyStudios@gmail.com. Until then stay safe, healthy and be well.

Sincerely,

Brenda Cunningham, ATR-BC, LPC