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May 10th 2021

Dear Current Client(s)-

Hope this letter finds you well as we all continue to navigate these tricky and changing times. Here's to continuing the strategies that help you and your loved ones be safe, protected, healthy and psychologically well.

I wanted to cover some important issues and decided that a letter would allow this be done in the most efficient and clear way. Please know if there are any questions or concerns about the content of this letter, don't hesitate to reach out. Here are the 5 core areas I will cover:

1. 2021 Summer Vacation Schedule
2. Summer Hybrid Plan for an Optional Return to In Person Therapy
3. Fall Plan for Returning to In Person Therapy
4. New Policy Regarding Therapy Attendance
5. Acknowledgment Form

### **2021 Summer Vacation Schedule**

I will be out of the office for vacation during the dates below. *Know that if you have a psychological emergency pertaining to our work, you can reach out for crisis services at 678-677-4851.* If case of a life or death emergency, please go to your local emergency room.

June 14-18 (Monday-Friday)

July 21-23 (Wednesday-Friday)

Feel free to provide information for any vacation dates you have in the Acknowledgment Form at the end of this letter.

# Summer Hybrid Plan for an Optional Return to In Person Therapy\*

Monday May 31st-Friday August 6<sup>th</sup>

As many of you are aware, the Center for Disease Control has provided guidelines for fully vaccinated people. I have studied these guidelines carefully in order to ensure I am developing a plan that is safe for all of my clients. Additionally, I have been inquiring about everyone's vaccination status to plan the timing for a safe return. Drawn from the CDC website, here is a portion of their guidelines for vaccinated people that is directly related to a safe return to in person therapy:

"For the purposes of this guidance, people are considered fully vaccinated for COVID-19  $\geq 2$  weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or  $\geq 2$  weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen).±

This guidance applies to COVID-19 vaccines currently authorized for emergency use by the U.S. Food and Drug Administration: Pfizer-BioNTech, Moderna, and Johnson and Johnson (J&J)/Janssen COVID-19 vaccines.

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing"

(<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>)

## Hybrid Plan

Starting on May 31<sup>st</sup> (Memorial Day holiday) through August 6<sup>th</sup>, I will be offering In Person Therapy on Mondays and Tuesdays. The remaining days of the week will be Virtual Therapy.

Mindful of this plan, please know the following:

- Whatever your preferred method of therapy is during the Summer Hybrid dates (May 31-Aug 6), your choice will be affirmed.
- If your preference is for virtual therapy and you need to meet on a Monday or Tuesday, that will be fine. *Know that you are not going to get kicked out of your slot.*
- Anyone who would like to meet in person must provide proof of vaccination completion plus 2 weeks. If you feel comfortable sending a picture of your vaccination card, that would be great.
- I am grateful to be vaccinated plus 2 weeks as of March 10<sup>th</sup>.
- Know that I am attempting to meet requests for both in person and virtual options. If you can offer some schedule flexibility, that would be greatly appreciated.

## **Fall Plan for Returning to In Person Therapy\***

Monday August 9th-thru

Starting on Monday, August 9<sup>th</sup>, we will return to full-time In Person Therapy.

*\*The Hybrid Plan and the Fall Plan I have presented is based on the most updated information we have. Mindful that information can change (especially in our current circumstances), these plans are subject to change based on updates from the CDC.*

### **New Policy Regarding Therapy Attendance**

Throughout the course of the pandemic, I have been grateful that advancements in technology have allowed a safe and meaningful method for therapy attendance. For many, “pandemic life” presented new and difficult challenges for psychological well-being, as well as, added to existing stressors and problems. I am glad we were able to continue our work, during these times especially. Additionally, adapting to “pandemic life” presented some new opportunities and some gains in specific areas. From a therapy standpoint, greater numbers of people have had greater access to services when technology resources are available. I am very grateful for this.

These ideas and many others have challenged me to think through how to ensure my services align well with optimizing psychological well-being. Mindful of this, I wanted to share the following new policy:

#### **Therapy Attendance Policy**

In person therapy is the primary mode of therapy provided in my practice. Excluding special circumstances, this mode is best for multiple reasons including:

- Therapy that is experienced in person allows proximal closeness to the client experience
- Therapy that is experienced in person allows the best environment for building and maintaining a strong therapeutic relationship
- Therapy that is experienced in person allows non-verbal communication and understanding to be maximized
- My style of therapy draws significantly from interpersonal theories. Different than other therapy approaches, maximizing the interaction between you and I is central to therapy effectiveness.
- Therapy that is experienced in person is free from technical difficulties that can interrupt the process and reduce comprehension and understanding of thoughts, feelings and behaviors
- The in person therapy environment is shielded from a variety of environmental and role-based distractions

Drawing from the importance of access, the following *special circumstances* represent times where virtual therapy services are fitting and, as a secondary mode, support psychological well-being.

- Experiencing or exposure to symptoms of illness
- Travel
- Urgent or unexpected family/child care problems or crises

I am open to negotiating in advance other special circumstances/life demands where virtual therapy would be the best therapy option. However, the following are things that are important to avoid:

- Last minute requests or demands for virtual therapy
- Virtual therapy being used to avoid working on therapy goals/problems
- Virtual therapy as a means to avoid a missed session charge

***Lastly, for those clients that utilize insurance for therapy, it has been wonderful to have virtual therapy fees covered (in part or whole) during these times by your insurance company. I am unsure if virtual therapy will continue to be covered once the pandemic ends.***

My intent is to flesh out the ideal setup for meaningful therapy and optimal change. I hope the explanation of this policy increases understanding while also guides preparation for another transition, both in our therapy, as well as the greater culture we are all a part of.

Thank you for your attention to all of the parts of this letter. Last page is an Acknowledgment Form for each section of this letter for you to complete. I look forward to continuing our work and happy to answer any questions that you have.

Namaste,

Dr. Andy Case

# Acknowledgment Form

Please initial in the blanks provided to ensure you have reviewed and understood each section of this letter. Feel free to mail (105A Cedar Rock Trace, Athens GA 30605) or send a picture of this form upon completion.

## 2021 Summer Vacation Schedule

Feel free to list any summer dates where you will be unable to meet

## Summer Hybrid Plan (May 31-Aug 6)

I would prefer to keep my current day and time

I would prefer to change and meet In Person

I would prefer to change and meet Virtually

If you are requesting a change in your therapy slot, please provide an "X" in each hour where you are available to meet. You can also include half hours availability: ie "free until 430"

	<b>M</b> In Person	<b>Tu</b> In Person	<b>Th</b> Virtual	<b>F</b> Virtual
8am				
9				
10				
11				
12pm				
1				
2				
3				
4				
5				*****

## Fall Therapy Plan (August 9th-thru)

## Therapy Attendance Policy