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Informed Consent for In-Person Services During Covid-19

Evolve Psychological Services transitioned to providing most services via telecommunications technology in March 2020 as a way to mitigate the risk of exposure to Covid-19. In some situations, however, teletherapy services may not be adequate or clinically recommended, and in-person services may be more appropriate. The decision to engage in face-to-face services is based on current conditions and guidelines, which may change at any time. Based on health and safety considerations, it is possible that a return to remote services will be necessary at some point.

I have discussed the pros and cons of teletherapy and in-person sessions with my therapist and consent to engaging in face-to-face sessions for some or all of my sessions during Covid-19. I understand that such a decision will be made in consultation with me and that my therapist will make the final determination after careful weighing of the risks and applicable regulations. I understand that by coming to the office, I assume the risk of exposure to the coronavirus (or other public health risks). I also understand that I can communicate with my therapist, at any point, my preference to stop in-person services and engage in teletherapy services.

In order for in-person services to take place, the Evolve Psychological Services team and I will adhere to the following protocols to minimize exposure:

- engage in face-to-face sessions if symptom free
- communicate with one another if unwell (e.g., fever over 100° F, coughing, sneezing) to cancel, reschedule or proceed using teletherapy
- wear a mask or cloth face covering
- use alcohol-based hand sanitizer or wash hands soap and water in the office kitchen
- maintain a 6-foot distance from others while in offices, waiting areas, and other areas

I also agree to take the following precautions to minimize exposure and will:

- share with my therapist if I have come into contact with someone who was infected or has traveled outside of the United States within the last 14 days
- arrive to the office no earlier than 5 minutes prior to my appointment
- arrive with only one escort who can remain in waiting room if the client is a minor

The Evolve Psychological Services team also agrees to take the following precautions and will:

- schedule appointments at specific intervals to minimize the number of people in the waiting room
- arrange the waiting room chairs with forward facing chairs that are spaced 6 feet apart
- store waiting room magazines/books and other frequently used therapy room items (e.g., sand tray)
- provide alcohol-based sanitizer, soap dispenser in the office kitchen, face coverings, facial tissues and trash bins that are easily accessed

- separate and contain used therapeutic supplies/toys utilized during each therapy session in a bin and sanitize all items at the end of the day
- sanitize all frequently touched surfaces and items in between sessions and disinfect all common areas at the end of each day
- utilize a sterilization system in each therapy room and all common areas 2-3 times per week
- deep clean and sanitize the entire suite once per week

I understand that all policies that I agreed to at the start of treatment, as outlined in the original Informed Consent for Psychotherapy and the Informed Consent for Teletherapy, also apply to in-person sessions during Covid-19. I have read and understand the information provided above. I have discussed it with my therapist and all of my questions have been answered to my satisfaction.

Client Name

Client or Guardian Signature

Date