



NOVA CHRISTIAN COUNSELING

Counseling with a Christian Perspective

COVID-19 Guidance

On March 23, 2020 Virginia Governor Ralph Northam ordered all Virginia schools and non-essential businesses to close in an effort to slow the spread of COVID-19. As a mental healthcare organization, Northern Virginia Christian Counseling qualifies as an essential business that will remain open, while following Governor Northam's guidance: "All essential retail establishments must, to the extent possible, adhere to social distancing recommendations (6'), enhanced sanitizing practices on common surfaces, and other appropriate workplace guidance from state and federal authorities."

Northern Virginia Christian Counseling is taking all necessary pre-cautions to protect your physical health during the current COVID-19 pandemic. We are abiding by all regulations and guidance from the Commonwealth of Virginia and federal authorities. We understand there is a lot of uncertainty surrounding the rapidly changing information about the COVID-19 virus, and we want to assure you that our top priority is the health and well-being of our clients, staff, and community.

At the same time, we do not want the cure for this pandemic to be worse than the problem, and we believe our counselors can still provide quality, mental health Christian counseling during this crisis. In order accomplish this, we are taking the following steps:

- We are regularly cleaning and sanitizing the common areas, as well as the individual therapy office surfaces.
- Hand sanitizer is available for all to use.
- We are rearranging our waiting room and offices to allow for appropriate 6' social distancing.
- If you would like to wait in your car, we can text you when the office is open so you can go straight to your appointment.
- Tele-health sessions can be arranged using a HIPPA-compliant video software should you choose to stay home, but still want to access counseling.

We want everyone to feel safe and not take actions they do not feel are in their best interest. We are committed to being responsive to new information and each of your needs as the situation evolves. We are also asking clients who have cold symptoms or a fever to call and reschedule your appointment or arrange to meet with your counselor via tele-health.

Sincerely,

Christopher J. Doyle

Christopher J. Doyle, MA, LPC, LCPC

Founder & Clinical Director, Northern Virginia Christian Counseling

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Tele-Health Consent Form

At Northern Virginia Christian Counseling, we utilize Zoom video for telehealth appointments. Zoom video is a HIPPA-compliant, encrypted video software that allows users to access quality, live-streaming video from their computer or smart phone. This form outlines the parameters for use of Zoom video in telehealth appointments.

1. I understand that online therapy includes the practice of health care delivery, diagnosis, consultation, and treatment. I understand that discussing my present concerns may cause discomfort as difficult issues are addressed and worked through.
2. Confidentiality will be treated like an office session whereby your counselor will contact appropriate authorities if a risk to self or others is assessed as an immediate and present concern.
3. Although Zoom video is encrypted and HIPPA-compliant, Northern Virginia Christian Counseling cannot guarantee that all internet-based conversations are secure and confidential. I agree that Northern Virginia Christian Counseling will not be held responsible if any outside party gains access to my information by bypassing security measures through encryption.
4. I understand that tele-health sessions have limitations compared to in-person sessions, among them being the lack of personal face-to-face interaction and the lack of visual and audio cues in the therapy process.
5. I understand that online therapy is not appropriate if I am experiencing a crisis or having suicidal or homicidal thoughts. If a crisis or emergency situation arises, I will call 911, visit the local Emergency Room, or contact the National Suicide Hotline at 800-784-2433.
6. I understand that online counseling is technical and that problems with the internet may occur. If something beyond our control interrupts the session, counselors will call clients on the phone to complete the session.
7. I understand that most major health insurance companies cover tele-health appointments, and that my session will be billed like a regular office visit. Should you have questions on your specific health plan, we encourage you to contact your insurance company to determine eligibility. During the current COVID-19 pandemic, many insurance companies are also loosening their restrictions in order to ensure continuity of care for their customers.

By signing below, I understand the following:

Signature: _____
(Signature of Client, Authorized Person, or Legalized Representative)

Date: _____