

COVID-19 Office Policy

Information is subject to change pending state/federal guidelines and recommendations.

At Anchored in Healing Counseling & Coaching we aim to continue to provide effective therapy services while also providing a safe place for both clients and staff. Telehealth sessions will continue to be offered and in-person therapy sessions at the discretion of both the therapist and client. If you are interested in-person, please review with your therapist prior to first appointment.

Please read the following carefully as it relates to COVID-19 policy and procedures:

- If you have symptoms related to COVID-19, please notify your therapist before your next session so that arrangements can be made for telehealth, if possible
- If you have a pending COVID-19 test or have done any extensive travel, please notify your therapist to request a telehealth appointment, if possible.
- If you have a positive COVID-19 test, please notify your therapist and cancel any upcoming in-person session for two weeks after your positive test date.
- Regarding masks, wearing masks inside the office is at the client's discretion currently.
- We ask clients and staff to follow the safety guidelines below as best as possible:
 - Practice good hand hygiene with soap and/or hand sanitizer.
 - Maintain social distancing of 6 feet when possible.
 - Office high-touch areas will continue to be sanitized throughout the day by staff.