**COVID -19 Updates 9/15/2020**

First and foremost, your health and safety are of the utmost importance. COVID-19 has shifted the way therapy looks for many people and there has been a shift from minimal teletherapy sessions to mostly serving clients in a teletherapy environment here at Josh Curie Therapy. For several months, only teletherapy services were available and most clients were willing to give it a shot, even if it was not their preferred way of “doing therapy.” Most insurances have extended teletherapy benefits, but continue to check to make sure your individual plan is covered. Since August, face to face sessions have been available and some individuals and couples have chosen this option. The following protocol has been in place for those choosing face to face sessions:

1. Temperature checks, with anyone having a temperature of 100.4 F or above turned away
2. Questionnaires about recent exposure completed (<apple.com/covid19>)
3. Masks worn entire duration of therapy session
4. At least 6-8 feet away from one another
5. Texting when you arrive and waiting until you are met at the door; no congregating in a lobby space inside.
6. Wiping down of surfaces in between each client
7. Remote billing and processing of payments

New Hours will be in effect starting Sunday, October 11th 2020. Both teletherapy and office based appointments are available during these times and are as follows:   
  
Sundays 9am-5pm   
Mondays 9am-5pm   
Tuesdays 1pm-9pm   
Wednesdays 2pm-10pm

I look forward to hearing from you soon!

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