

SEATTLE THERAPISTS CORNER 

# In-Person Therapy Checklist

for COVID-19 Pandemic Times



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# In-Person Therapy Checklist for COVID-19 Times

## ■ Develop your Health & Safety Policies and Consent for In-Person Sessions During COVID-19. [\*Sample In-Person Consent Form\*](#)

### Consider the following for your Policy and Consent Form:

- Clients with fevers or concern of exposure will notify you before arriving and be prepared to do a virtual session in lieu of in person sessions .
- Temperature check: either at home or at your office.
- Sanitizing hands before each session
- In Session: Option 1- Wearing masks during session [\*Directions for making a clear face mask\*](#)  
OR Options 2 - Sitting behind a physical barriers, such as clear plastic sneeze guards.

*For more information on what to consider, read this article: the Pros and Cons and Considerations for Returning to In-Person Sessions During COVID-19.*

## ■ Notify Clients of your policy before their first in-person session. Post your policy on your website and office.

### ■ Making Public Areas Sanitary:

- Provide **single use towels in bathrooms.**
- Have **clients wait in their cars** and text clients to come to your office when you are ready  
OR
- **remove non-essentials from the waiting areas** such as magazines, brochures, or fidget toys. Wipe down arm rests after each use.

### ■ Making Your Office Sanitary:

- **Sanitize after each session:** door handles, arm rests and nearby surfaces.
- Prepare a new, **individual package of tissues** for each session.
- Consider installing **high-efficiency air filters or increasing ventilation** rates in the work environment.

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