

Victoria Valdez
M.MFT
Peach Court Office
7105 Peach Court Suite 110
Brentwood, Tennessee 37027
931-674-1205
victoria@victoria-valdez.com
www.victoria-valdez.com

March 10, 2022

Re: Updated Practice Policies regarding COVID-19

Hello,

I am mindful of concerns regarding COVID-19/Coronavirus and wanted to write to you to address any questions you may have. As a practitioner in a healthcare setting, I would like to reassure you that I am committed to the health and safety of all clients. Thus, I have opted for the following to provide safe in-person counseling services until further notice:
Effective March 10, 2022

- I will provide in-office services for youth 5 and older & adults
- I will continue to provide Telehealth services for ages 9 and up to those clients whose issues are suitable for telehealth
- Faces masks are optional
- Clients and I will be expected to use hand sanitizer at the start of sessions before entering the therapy space

Telehealth:

I will continue to use zoom/GSuite Meetings or zoom to offer secure HIPAA compliant video therapy. If you are interested in video sessions please contact me by email, phone call, or text message. I will also send you an Informed Consent for Telemental Health Services that will be required to be signed and returned electronically before the start of the video session.

The following consistency policy applies:

Engaging in mental health therapeutic services is an investment in your total well-being and is most effective and life-changing with consistency and commitment. Your therapeutic hour is held exclusively for you, your family, and or your child, and to maintain therapeutic consistency sessions can be rescheduled per this office's same-week reschedule policy. You may reschedule

your session within the same 3 day business week (Tuesday - Thursday & Make up Fridays).
(please review informed consent to review the rest of the consistency policy)

Payment Policy:

Payment will be due at the time of the sessions. I will continue to accept payments through Venmo and Square. I will process payment at the start of the session.

Further Resources:

Coronavirus Disease 2019 (COVID-19)

<https://www.williamsoncounty-tn.gov/>

<https://www.tn.gov/governor/covid-19.html>

<https://www.asafenashville.org/>

A final word...

I am here to support you and will always be flexible wherever possible. I would like to reassure you that whatever your reaction, you will have space to express in our appointments together if you would like to. If you have any questions or would like to discuss them further, please contact me or discuss them in our next session.

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