

Teletherapy Services:
What you need to know during the Coronavirus Pandemic

Dear valued client,

As news surrounding the coronavirus pandemic continues to evolve, Therapy Changes is taking proactive measures to reduce exposure, and continue to be a resource for our clients during this time of crisis. We believe in the significant value of in-person therapy sessions. However, the current situation calls on us all to implement temporary measures to support the wellbeing of our community. **We are offering continued care remotely through video and audio, or audio (phone) communication.** This type of service delivery, called [teletherapy](#), holds the same purpose as traditional in-person therapy and is provided through secure, HIPAA-compliant technology platforms.

Your therapist will continue to be here for you to address the current crisis and practice strategies to manage anxiety, thus upholding our mission of providing *focused guidance when you need it most*.

Now more so than ever is a time to creatively come together and support one another. We encourage you to utilize therapy as a positive outlet to express yourself and learn ways to cope with the emotions that may arise during this difficult time. For more information, please read [Managing Coronavirus Anxiety](#) and visit our [Resources](#) page for valuable tools.

On behalf of the entire Therapy Changes family, thank you for the opportunity to be your guide and support you on your journey for personal growth. It both a privilege and a pleasure to work with you and we look forward to continuing to help you build resilience and develop skills for flexibility – during this time of crisis, and beyond.

Warmest Wishes,

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