

TBC for CBT Healthy Workplace Policy & Informed Consent for In-Person Services

TBC for CBT provides both in-person and virtual sessions. Although the Covid pandemic has ended, we now realize the necessity to have health related policies in place for in person sessions. If there is a resurgence of the pandemic, if other communicable health concerns arise, if there are any government orders, or if we believe it is necessary, your therapist may require that you meet via telehealth instead of in-person for everyone's well being. The precautions below can be changed at any time if necessary. If you have concerns about meeting through telehealth, you and your therapist will talk about it first and try to address any issues. If you decide at any time that you would feel safer staying with, or returning to, telehealth services, we will respect that decision as long as it is feasible and clinically appropriate. Reimbursement for telehealth services, however, is also determined by the insurance companies and applicable law, so that is an issue you and your therapist may also need to discuss.

Risks of Opting for In-Person Services

You understand that by coming to the office, you are assuming the risk of exposure to transmissible illnesses, including Coronavirus, Influenza, the Common Cold, and others. This risk may increase if you travel by public transportation, medical transportation or other ridesharing services.

Your Responsibility to Minimize Your Exposure

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, staff, all our families, and other patients) safer from exposure, sickness, and possible death. If you do not adhere to these safeguards, it may result in starting telehealth arrangements for services.

- You will only keep your in-person appointment if you are symptom-free.
- If you are ill, you will take your temperature before coming to each appointment. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of an illness, you agree to cancel the appointment or proceed using telehealth. If you wish to cancel for this reason, you will not be charged the normal cancellation fee.
- In the case of a public health emergency, such as what took place during the Coronavirus outbreak, you will wait in your car or outside until staff comes to get you or calls you to come into the building for your appointment time.
- You will wash your hands or use alcohol-based hand sanitizer available when you enter the building.

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- In the case of a public health emergency, you will adhere to safe distancing precautions in the waiting room and the therapy office.
- You will wear a mask in all public areas of the office if you have any symptoms.
- If you are bringing your child, you will make sure that your child follows all of these sanitation and distancing protocols.
- If you have a job or commute or have other responsibilities or activities that expose you to other people who might be or are infected, you will let your therapist know.
- If you are exposed to someone who tests positive for a communicable illness, you will immediately let your therapist know and you will then resume treatment via telehealth.

TBC for CBT's Commitment to Minimize Exposure

TBC for CBT has taken steps to reduce the risk of spreading the coronavirus within the office and we have posted our efforts on our website and in the office. Please let me know if you have questions about these efforts.

If You or Any Staff Are Sick

You understand that we are committed to keeping clients, staff, and all of our families safe from the spread of communicable illnesses. If you show up for an appointment and any TBC for CBT staff believe that you have any symptoms, or believe you have been exposed, you will be asked to leave the office immediately. We will follow up with services by telehealth as appropriate. If any TBC for CBT staff, test positive for the coronavirus, you will be notified so that you can take appropriate precautions.

Your Confidentiality in the Case of Infection

If you have tested positive for the coronavirus, we may be required to notify local health authorities that you have been in the office. If we have to report this, we will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for your visits. By signing this form, you agree that we may do so without an additional signed release.

Informed Consent

This agreement supplements the general informed consent agreement that we agreed to at the start of our work together. By my signature below, I hereby state that I have read, understood, and agreed to the terms of this document.

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Print Client Name

Client's Signature

Date

Parent or Guardian Signature

Date

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Updated 10/30/25