

March 16, 2020

Dear Valued Client,

In response to current public health concerns regarding the spread of the COVID-19 virus, Rebecca A. Berg, MFT is offering the option of telehealth services to all clients. Effective immediately, telehealth is available to you as an alternative to coming into the office for in-person therapy sessions. **If you have any current appointments scheduled which you would like to change to telehealth, please let your therapist know as soon as possible.** The use of telehealth allows me to continue to offer services "as usual," in the case that you or your therapist may have concerns of exposure, or symptoms of illness. Rest assured, I am committed to making the necessary adaptations to continue to support you, especially during this time of increased stressors and uncertainty.

Video chat capability is provided through doxy.me. The secure link to your confidential Telehealth session is: <https://doxy.me/rebeccatherapyoffice>. You do not need any special software and there are no apps to download. You can join your Telehealth session from anywhere using either **Chrome** or **Firefox** web browsers and only need a reliable internet connection.

- ***You may use your laptop/desktop computer, tablet, or smartphone.***
- ***You will need a private space for your session.***
- ***Your therapist also needs to know the address where you are located as I am responsible for getting help to you in an emergency just as if you were in my office.***

Please note that my cancellation policy remains in effect: you must provide 48-hours notice for cancellations for any reason. A \$175 cancellation fee will be incurred for sessions canceled within 48 hours.

I hope you continue to focus on your own health and self-care as one of the greatest protectors against illness. I look forward to continuing to support you with ongoing therapy services.

If you have any questions, please contact me directly at 714-743-6957.

Be well,

Rebecca A. Berg, MFT, Lic #: MFC43310