

## **Alan Nathan, Psy.D.**

**Licensed Psychologist**

**License Number – MD 04371 & VA 0810003351**

**4405 East-West Highway  
Suite 207  
Bethesda, MD 20814**

**1491 Chain Bridge Road  
Suite 302  
McLean, VA 22101**

**(301) 442-1713**

### Practice policies and precautions to help us through the COVID-19 health crisis

In accordance with COVID-19 safety precautions, I will hold all sessions via secure online platform Doxy.me or by phone until social distancing precautions are lifted. See below for more information on Doxy.me.

All billing will be done electronically. I will send bills to you via email in a password protected document. Payments should be made via PayPal using my email address [drahnathan@gmail.com](mailto:drahnathan@gmail.com) to send your payment.

### Information on Doxy.me, the video session platform I use:

Doxy.me is a secure HIPPA compliant platform for telehealth use including video psychotherapy sessions.

The link which you put into your web browser is <https://doxy.me/dranathan>

Make sure your web browser is set to accept cookies from this website and add blockers are turned off

The quality of the video session will be best by minimizing extra use of your WiFi and internet during the session. If possible, ask others in your household to stay off the internet during the fifty minutes of our session. Make sure you use a device with enough processing speed such as PC or laptop. The video session does not work well on mobile phones.

Secure a private space in your house for the session and ask others to respect your privacy needs. Consider using headphones if that would make you more comfortable.

### Here are some resources that I found helpful

There is a ton of information out there. Be mindful of the source of information. And do your own research. Share information you find useful and be open to learning from others. At the same time, be mindful not to overload yourself with reading, talking, and thinking about the virus.

**ABOVE ALL ELSE IF YOU EXPERIENCE COVID-19 SYPTOMS (fever, dry cough, shortness of breath, loss of smell/taste) OR YOU ARE OTHERWISE SICK OR YOU ARE CONCERNED ABOUT A FAMILY MEMBER OR LOVED ONE, CONTACT YOUR PHYSICIAN FOR ADVICE! IF YOU DON'T HAVE A PHYSICIAN YOU**

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CAN CONTACT YOUR DEPARTMENT OF HEALTH (see below for links in the DC area) OR LOCAL HOSPITAL.

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3067274/>

<https://www.sciencedaily.com/releases/2020/03/200320192755.htm>

<https://health.maryland.gov/pages/home.aspx>

<http://www.vdh.virginia.gov/>

<https://dchealth.dc.gov/>

## Additional suggestions:

- It is a distressing time for everyone. Be gentle with yourself. Feeling anxious, afraid, angry, and depressed at least some of the time is common. Emotional shut down or numbing and isolating yourself are other possible reactions to monitor. If you find that you are feeling emotionally overwhelmed or feeling these ways most of the time let me know when we have our session. You can also let me know what is going on via email and if needed we can arrange to be in contact between sessions.
- If you live with others, discuss plans to balance time together with time alone.
- Stay in touch with friends and family via social media and/or phone. At the same time, monitor the quality of your social media interactions. It is a time when fighting and outrageous claims are present on social media. It is best to stay away from it, as it will only drain you emotionally and spiritually.
- Get exercise and spend time outdoors in nature or as close to nature as you can get. It is a good time to practice meditation, yoga, or other well-being practices. Let me know if you'd like some suggestions for online resources.
- Keep as much of your daily routine as you can. Balance your time for productivity, play, and rest and rejuvenation. Help others if you feel moved to do so and doing so feeds you emotionally and spiritually. Ask for help when you need it.
- Monitor your exposure to the news and to reading about the virus. A good guideline is to read what helps you learn, understand, and gives you some ideas you can put into action. Stop reading, thinking, and talking about the virus if it is

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only stirring you up emotionally, making you shut down emotionally, or both.