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August, 2020

In this time of uncertainty and global turbulence it is vital to function as normally as possible while still attending to both our physical and emotional safety and that of our families, our friends and our community. I am writing another update to apprise you of the current changes to my practice.

1. At this time, I continue to follow the lead of a growing number of my colleagues in providing sessions via telehealth only. I have already been using this medium to support my clients and students in NJ, the US, and around the world and am comfortable and confident that it will allow us to continue the work already begun in our face to face sessions.
2. Please contact me to schedule a phone session at (609) 658-2536, or at a HIPPA compliant online video platform (Doxy.me;, VSEE) if you are not already scheduled.
  - a. I will send you an invitation to join me at these websites. *They are completely secure in terms of your privacy and relative easy for you to use.*
  - b. Instructions on how to use the site are clearly delineated on the website, and we can do a test run before your scheduled appointment if you'd like. I've attached a handout with instructions to access the Doxy. Me site. If you are having any difficulty setting this up, please call me.
  - c. It is important to check that your internet connection can support these platforms. Each allows you to test your system prior to our meeting.
  - d. Due to the heavy usage of these platforms, connections are sometimes unstable. There may be times that we choose to use Facetime, Zoom or similar sites that may not be HIPPA compliant, if you are comfortable with this.
3. **I will initiate the call** when our appointment time starts, when I see that you have logged on and are ready to start.
4. *Two points to remember:*
  - a. *Last minute cancellations due to illness only will not be charged. 36 hr cancellation notice policy will remain in effect for all other cancellations or missed appointments.*
  - b. *If you or anyone in your family or close social circle are ill, please take all precautions to keep yourself healthy, stay home.*

***We find ourselves in an unprecedented situation that we can and will get through if we are mindful of our physical and emotional needs, and do our best to meet them during these current trials. Being able to serve you in a physically safe way is crucial.***

***No less important is your mental health. Be sure to attend your own mental health during this time. Public health emergencies can make us feel overwhelmed and like we lack control of our own health, wellness and safety. Avoid extensive coverage of COVID-19, take care of your body, eat healthy meals, get sufficient sleep and avoid drugs and alcohol. Be sure to connect with friends, family and others in your community and take***

***care of yourself and one another. Maintaining a sense of hope and positive thinking will help mitigate the stress and anxiety that can result from a public health crisis.***

Take precautions to whatever degree is sensible, then relax.

Our work together is very important and I am here to support you. Please feel free to contact me with any thoughts, questions or concerns.

Best always,

Judy