

Therapist Name:

Social Media Policy

Client Name:

Effective Date:

We maintain various social media accounts (e.g., Facebook, Instagram, LinkedIn) to share information about our practice, news, and event updates. This policy outlines how we manage our online presence as mental health professionals and how we handle interactions with clients on these platforms. Please read this to understand our approach to confidentiality and professional boundaries in the digital space.

1. CONFIDENTIALITY AND SHARING

Your Privacy: This policy isn't intended to prevent you from sharing that you're receiving therapy or with a specific therapist. However, confidentiality means we cannot disclose that you are our client. We encourage you to take your privacy as seriously as we do.

2. PERSONAL CONNECTIONS

Our therapists are not allowed to accept "friend" requests from current or former clients on personal social networking sites. This helps protect your confidentiality and maintains the professional boundary of our therapeutic relationship. If you have any concerns, please discuss them with your therapist during your session.

3. LIKING AND FOLLOWING

Public Interaction: You are welcome to "like" or "follow" our professional social media feeds and engage with the content we post. However, remember that social media is public; your interactions could be visible to others. Your decision to follow us is at your discretion.

Therapist's Boundary: To preserve ethical boundaries, our therapists will not follow you back on social media. Viewing your online activities outside of therapy sessions without your explicit consent could blur professional lines and impact our therapeutic relationship. If you want to share aspects of your online life with your therapist, please bring them up during your sessions.

4. CONFIDENTIALITY AND PRIVACY

Non-Engagement: We will not engage with your public posts or comments to protect your confidentiality. Our interactions will be limited to professional communication channels where privacy can be better assured.

Privacy Compliance: All our interactions adhere to HIPAA regulations and other privacy laws to ensure your information remains confidential. We do not share or discuss any identifiable client information on social media.

5. CONTENT SHARING

On our professional social media accounts, we share general mental health tips, wellness information, and updates about our practice and services. This content is for educational purposes only and does not constitute therapy.

6. TEXTING AND MESSAGING

Avoid Direct Messaging: Please refrain from using SMS, wall posts, @ replies, or direct messages on social networks to contact your therapist. This could compromise your confidentiality, and your therapist might not receive the message. Such communications could also become part of your legal medical record.

7. AUTHORIZED COMMUNICATION:

For any communication related to your therapy, we ask that you use official channels like email or our office phone, rather than social media.

8. BUSINESS REVIEW SITES

No Solicitation: Our practice might appear on review sites like Google, Healthgrades, or others, but this is not an invitation for testimonials. According to the American Counseling Association's Ethics Code, we cannot solicit reviews for marketing.

Expressing Your Experience: If you choose to review your experience on these platforms, be aware that your therapist cannot respond due to confidentiality. We encourage bringing any feelings about your therapy directly into your sessions as it's vital for your treatment process.

9. LOCATION-BASED SERVICES

If you use location-based services on your mobile devices, be mindful of privacy. Regular check-ins at our office could suggest you're a client. Consider this when using such services.

10. INFORMED CONSENT

Understanding: Before we engage with you on any social media platform, we will discuss this policy during our initial session or as soon as social media interaction becomes relevant. Your informed consent is crucial, ensuring you understand the potential implications of our online interactions.

Consent: Your consent will be documented, acknowledging that you understand how social media interactions will be handled within our professional relationship.

11. UPDATES TO THIS POLICY

This policy will be reviewed annually or as needed. You will be informed of any changes that might affect our interaction on social media.

12. CONCLUSION

Thank you for reviewing our Social Media Policy. If you have questions, please discuss them with your therapist or contact our administrative office. We will update this policy as needed.

ACKNOWLEDGMENT

By signing below, I acknowledge that I have read, understood, and agree to comply with this Social Media Policy:

Client Signature: _____ Date: _____

Therapist Signature: _____ Date: _____