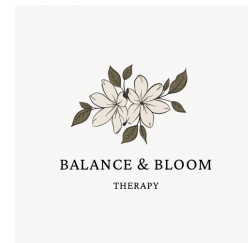


## Social Media Disclaimer



Balance and Bloom Therapy has a professional social media page @balanceandbloomtherapy on Instagram.

Social Media is an ever changing technological platform that we use with the intention of providing content, marketing, education, advocacy, and thought leadership. We want to do this while making clients and potential clients aware of the risks and benefits of engagement on social media where therapists and counselors are present. A therapeutic relationship is a professional relationship. In today's technological climate, a social media presence or following is not to be confused with a relationship outside of therapy. Ethical, professional, and therapeutic boundaries must be followed and honored.

A social media page created by a therapist is not psychotherapy, a replacement for a therapeutic relationship, or substitute for mental health and medical care. A social media presence, as a social worker and therapy professional, is not seeking an endorsement, request, or rating from past or current clients. No social media posts should be considered professional advice. The information contained in posts is general information for educational purposes only.

Past and current clients risk breaching their privacy and confidentiality by following, liking, re-posting, commenting, and engaging on social media platforms with counselors.

In order to honor professional boundaries, ethical nuances, and not engage in and prevent any potential form of dual-relationship, we will not follow or friend past or current clients on social media platforms. You are welcome to follow my professional accounts, but I will not follow you back. Please understand that you risk breaking your own confidentiality by engaging with my social media account. If you have questions about this, please bring them up when we meet. "Direct Messaging" is another risk to your privacy. Remember commenting and messaging between sessions is not a confidential or encouraged means of communication. Schedule an official therapy session to discuss, explore, and ask any treatment related questions or concerns. Social media is not an appropriate medium for sharing therapeutic concerns, questions, comments, or reaching out in crisis to your counselor. Comments and DM's are not confidential and will be directed to contacting the office directly.

Balance and Bloom Therapy will not solicit any clients to follow or engage with my account on social media.

To ensure using technology, chat rooms, and/or social media in a professional manner and maintain appropriate professional boundaries, Balance and Bloom Therapy does not engage in any "personal virtual relationships" that blur the professional boundary by using personal accounts as the connection point for the virtual relationship with current or former clients. We respect the privacy of our current and former clients' presence on social media unless given consent to view such information only during a scheduled session.

Please consult your physician or mental health provider regarding advice or support for your health and wellbeing.

If you are suicidal, please call your local 24-hour hotline or 911 or emergency services.

Effective April 15, 2023