



Social Media Policy

Social Media Platforms

Social media is a good way of keeping people connected and informed. I use social media for my practice, and so I have created a social media policy to help you understand my intentions, and how I will be using social media in my practice. The basis for this policy is to protect our relationship and your confidentiality during therapy and beyond.

Confidentiality

If you decide to tell others about your sessions with me, or the progress made with your therapy, that is entirely your choice. However, I must keep my relationship with you completely confidential except in cases of where you might harm yourself or others. If you choose to post on any of my social media pages, you invite the possibility of people making assumptions about our relationship or asking you about your connection to me. You get to decide what you tell people. You have a choice as to what you reveal about yourself online; however, I will not reveal my connection to you.

Friending

In order to respect your privacy and confidentiality, I do not accept friend requests from current or former clients on social networking sites (Facebook, LinkedIn, etc) or any other social media platform. I believe that adding clients as friends or contacts on these sites can compromise your confidentiality. It may also blur the boundaries of our therapeutic relationship.

Like

You may like my Facebook business page if you want to do so. However, if you like my page, you are choosing to expose that you are connected to me in some way. My business Facebook page exists to be a forum of information and inspiration. I will not engage in conversations with you on that page. However, I am happy if you find it helpful.

Following

I often put out information on social media and may post to Twitter, and Facebook, and other social media platforms. You are not obliged as my client to follow me in anyway on social media. It is your choice if you do, but I will not follow you back. I believe casual viewing of clients' online content outside of the therapy hour can create confusion in regard to whether it's being done as a part of your treatment or to satisfy personal curiosity. In addition, viewing your online activities without your consent and without our explicit arrangement towards a specific purpose could potentially have a negative influence on our working relationship. If there are things from your online life that you wish to share with me, please bring them into our sessions where we can view and explore them together.

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Interacting

Please do not use messaging on social networking sites such as Twitter, Facebook, LinkedIn or any other, to contact me. These sites are not secure and I may not read these messages in a timely fashion. The best way to interact with me is by email or phone. If you post on my Facebook feed it may also create the possibility that these exchanges become a part of your legal medical record and will need to be documented and archived in your chart.

Search Engines

I do not "Google" my clients or look up information on them for any reason. If I do come across your information online, I will move on and avoid reading content.

Business Review Sites

You may find my business in an online directory. Some of these sites include places where users can provide ratings and reviews. Many of these sites scrape search engines for businesses and automatically add entries, regardless of whether the business has added itself to the site. If you should find my business on any of these sites, please know that my listing is not a request for a testimonial, rating, or endorsement from you as my client. You have a right to express yourself on any site you wish, but I am not asking you to do so. If you do post a review, I cannot respond on any of these sites, whether it is positive or negative.

Email

I prefer using email only to arrange or modify appointments. Please do not email me content related to your therapy or assessment sessions, as email is not 100% secure or confidential. If you choose to communicate with me by email, be aware that all emails are retained in the logs of both your and my internet service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the internet service provider.

Text

Sometimes clients text me to request an appointment time or to let me know if they are running late to an appointment. Please know that text isn't always secure. I am fine with brief texts related to your appointment only.

Conclusion

I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you. If we are working together, I hope that you will bring your feelings and reactions to our work directly into the therapy process. This can be an important part of therapy.