



Social Media Policy

This document addresses our office policies related to the use of Social Media and the Internet. Please read it to understand how we conduct ourselves as mental health professionals and how you can expect us to respond to interactions that may occur on the Internet. Your privacy and confidentiality are our primary concern in designing these guidelines.

Email

We will only use email as a means of arranging or modifying appointment times. Please do not email your therapist any information related to your therapy sessions as email is not completely secure or confidential. Also, any emails you send to your therapist become a part of your legal record.

Friending

We do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc.) as we believe it can compromise your confidentiality. It may also blur the boundaries of our therapeutic relationship.

Following

We will not knowingly follow current or former clients on blogs or other social media tools. Casual viewing of a clients' online content outside of therapy sessions may create confusion as to whether it is being viewed as a part of your treatment or to satisfy the therapist's curiosity. Furthermore, viewing your online activities without your consent or prior arrangement for a specific purpose could negatively impact the therapeutic relationship. If there are things online that you would like to share with your therapist, it may be more beneficial to do so in session.

Contacting

Please do not use text messaging or other Social Networking sites such as Twitter or Facebook to contact your therapist. These methods are not secure and would not provide for your confidentiality. If you need to contact your therapist, please do so by phone. Again, use email only for adjusting scheduling issues.

If you have any questions about these policies, please feel free to discuss it with your therapist.