

## **Social Media Policy**

I designed this policy in order to do my best to ensure your confidentiality and the safety of our relationship, as it relates to social media. As technology rapidly changes and expands, there may be areas of social media that I have not included in this policy. If you have questions about an area that I have not addressed, please be sure to talk to me about this.

### **Email**

Email communication is not a secure method of communication. Please be aware that your internet service provider, as well as mine, will retain a record of all of your emails. Although you may not feel concerned about this risk, it is my job to protect the confidentiality of our relationship, so please use my secure email service, Jituzu, for all email communication. Please limit email communications to questions related to scheduling or billing and bring other thoughts or concerns to your session, so that we can discuss them. Also, please know that email communications become part of your records.

Facebook, Twitter, LinkedIn, etc.

I will not accept friend or contact requests from current or former clients on any social networking site because in doing so it might jeopardize your confidentiality and the privacy and safety of our therapeutic relationship. If you have questions about this, please bring them up so that we can talk about them.

### **Following**

I publish a blog on my website. As a client of mine, I have no expectation that you will follow my blog. If you would like to follow me and would like to do so in a more private manner, you might want to consider following my blog using an RSS feed. Internet Explorer has an RSS reader, or you could use another reader of your choice.

## Leaving Comments on my blog

My concern with comments, you might leave, is your safety and the confidentiality of our relationship. I am happy for you to join into a conversation on my blog or to use the blog as an additional source of support. If however, you leave a comment that acknowledges our relationship, please be aware that anyone who reads the blog will know that we work together, in therapy. Please be sure that you have considered how this will be for you. Also, it is important for you to know that confidentiality laws prohibit me from acknowledging our relationship, in this or any other context. Please save topics that you wish to discuss with me, or hear my response to, for our sessions.

## On-line Business Reviews

On-line business review sites comb search engines for business listings and automatically add these listings to their site. Please know that if you should come across my business on one of these review sites, it is not there because I am asking for any rating, endorsement or testimonial from you as my client or former client. My ethic codes prohibit me from soliciting testimonials.

You have the right to express yourself on any site that you choose. I would ask that you be cautious and think about how it will be for others to read what you have written. It is important for you to know that because of confidentiality, I cannot respond to any comments that you make on any of these sites, whether they are positive or negative. If you wish to share the positives that you gained from our work, please again consider how it will be for others to know that you and I have worked together.

If you are using these sites to express your unhappiness with me or our work, I ask that you talk to me directly about these concerns. Discussing these concerns can be an important part of the therapy process even if we decide to end our work or have already ended our work together. Also, if you choose to express these feelings indirectly on-line, there is a good chance that I will never read or know of your concerns. I would hope that we would have the chance to discuss, in person, any of your thoughts and reactions.

None of what I have written is meant to keep you from sharing that you are in therapy with me wherever and with anyone you wish. You are free to share that I am your therapist and how you feel about our work in any setting you wish to. I do hope that you will keep in mind that you will be revealing personal information in a public setting. You may wish to consider using a pseudonym that isn't linked to your regular email address or friend networks for your privacy and protection.

## Interacting via text or Social Networking Sites

Please do not use Social Networking Sites or texting as a means to contact me. These are not secure methods of contact and I may not see these messages in a timely fashion. Please contact me via phone or through my email messaging service, Jituzu.

## Use of Search Engines

I do not search for clients on the internet. An extremely rare exception to this might be if you are in crisis, I believe you are in danger, and I have been unable to make contact with you via phone or through our regular appointments. In this case, I *may*, use a search engine to find you or someone close to you in order to ensure your safety. This action on my part would be highly unusual and would only happen if I felt you were in imminent danger. I will document this and discuss it with you the next time we communicate.

## Google Reader

I do not follow current or former clients on Google Reader. If there are things that you want to share with me, please bring them to our sessions.

## Location-Based Services

If you use location-based services on your phone, please be aware of privacy issues related to using these services. If you have GPS tracking enabled on your device, it is possible for others to know that you are a therapy client due to regular check-ins at my office. Please be aware of this risk if you are intentionally “checking in” from my office or if you have a passive LBS app-enabled on your phone.

## Summary

Thank you for taking the time to read and consider the issues presented in this policy. My intention in preparing this policy is to ensure, to the best of my ability, your safety and the confidentiality of our relationship. If you have any concerns about what you have read here, please talk to me about them.