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SOCIAL NETWORKING AND SOCIAL MEDIA POLICY

Introduction

This document outlines my office policies related to use of Social Media. It explains how I conduct myself on the Internet as a mental health professional and how you can expect me to respond to various interactions that may occur between us online.

Friending

I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, Linked In, etc). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk further about it. There may be valid, but rare, exceptions to this policy but they would be negotiated on a case by case basis.

Interacting Online

Please do not use messaging on Social Networking sites such as Twitter, Facebook, or LinkedIn to contact me. These sites are not secure and I may not read these messages in a timely fashion. Also, please do not use Wall postings, "@replies", or other means of engaging with me socially in public online forums if we have an already established client/therapist relationship. Engaging with me in this way could compromise your confidentiality. There is also the possibility that these exchanges could become a part of your legal medical record and, depending on the content, may need to be documented or archived in your medical chart. I do permit SMS (mobile phone text messaging) for purposes of last minute cancellations or setting appointments if I cannot be reached on my office phone. Please use this modality judiciously and please do not use texting to convey sensitive information.

Email

I am comfortable with using email, telephone, or text messages to arrange or modify appointments. I do not conduct therapy via email or text. Please do not email me content related to your therapy sessions unless negotiated between us. Such content is not completely secure or confidential. If you choose to communicate by email, be aware that all emails are retained in the logs of 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 ISP.

Thank you for taking the time to review my Social Media Policy. If you have questions or concerns about any of the policies and procedures or regarding our potential interactions online, do bring them to my attention so that we can discuss them. As new technology develops and the Internet changes, I will update this policy and make the new policy available to you electronically or in print.