

## Social Media Policy

This document outlines my office policies related to use of Social Media. Please read it to understand 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 on the Internet.

### **Appropriate use of e-mail and text**

Emails and texts may only be used for non-urgent, non-clinical questions or messages, such as to arrange or modify appointments. *If you are in imminent crisis, DO NOT leave me a text, e-mail or voice message waiting for response. Call 911 or go to the nearest emergency room. You can also call Suicide Prevention Lifeline at 800-273-8255*

Please do not email/text me content related to your therapy sessions as these means of communicating are not completely secure or confidential. You should also know that any emails/texts I receive from you and any responses that I send to you become a part of your legal record.

### **Friending on Facebook, LinkedIn, Etc:**

I do not accept friend or contact requests from current or former clients or their family members on any social networking site. I believe that adding clients or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship.

### **Use of Search Engines**

It is NOT a regular part of my practice to search for clients on Google or Facebook or other search engines. Extremely rare exceptions *may* be made during times of crisis. If I have a reason to suspect that you are in danger and you have not been in touch with me via our usual means (coming to appointments, phone or, email) there *might* be an instance in which using search engine (to find you, find someone close to you, or to check on your recent status updates) become necessary as part of ensuring your welfare. These are unusual situations and if I *ever* resort to such means, I will document it and discuss it with you when we next meet.

**Business Review Sites**

You may find my name on sites such as Yelp, Healthgrades etc. Some of these sites use forums in which users rate their providers and add reviews. Many of these sites comb search engines for business listings and automatically add listings regardless of whether the business has added itself to the site. If you should find my listing 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.

Of course, you have a right to express yourself on any site you which. But due to confidentiality, I cannot respond to any review on any of these sites whether it is positive or negative. I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you. You should also be aware that if you are using these sites to communicate indirectly with me about your feelings about our work, there is a good possibility that I may never see it.

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, even if you decide we are not a good fit.

If you feel I have done something harmful or unethical and you do not feel comfortable discussing it with me, you can access information on how to file a complaint by contacting

NASW’s Office of Ethics and Professional Review at  
800-638-8799

\_\_\_\_\_  
**Client Name (Please Print)** \_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Client Signature**

\_\_\_\_\_  
**Client Name (Please Print)** \_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Client Signature**

**If Applicable:**

\_\_\_\_\_  
**Parent’s or Legal Guardian’s Name (Please Print)** \_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent’s or Legal Guardian’s Name (Please Print)** \_\_\_\_\_  
**Date**

My signature below indicates that I have discussed this form with you and have answered any questions you have regarding this information.

\_\_\_\_\_  
**Therapist’s Signature** \_\_\_\_\_  
**Date**