



# 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.

If you have any questions about anything within this document or my social media presence in general, I encourage you to bring them up when we meet. This social media policy is regulated by the requirements of my professional body (UKATA), ethical principles and professional boundaries.

## **Professional social media accounts**

I have a business page on Facebook and accounts on Instagram and Youtube for my professional practice. I have no expectation that you as a client will want to follow them, like or share any of the content. Some of the information shared on these pages is available on my website. You are welcome to view my Facebook Page and read or share articles posted there if you want, but please be aware of greater likelihood of compromised client confidentiality. My primary concern is your privacy, so in my posts, answers or comments I will not reveal, confirm or deny any information regarding our work relationship, your personal life or therapeutic process.

## **Friending and private social media accounts**

For my private social media accounts I do not accept friend or contact requests from current or recent former clients on any social networking site. I will have to "unfriend" you if you are in my friend list and we are starting our work relationships. I have separate "groups of friends" for personal connections, work contacts and wider network to adjust visibility of my posts.

## **Interacting**

Please do not use messaging on Social Networking to contact me. These sites are not secure and I may not read these messages in a timely fashion. Do not use Wall postings, @replies, or other means of engaging with me in public online if we have an already established client/therapist relationship. Engaging with me this way could compromise your confidentiality. 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. If you need to contact me between sessions, the best way to do so is by email or phone.

## **Content of my posts**

I do not base my posts on any particular clients, but may post how some aspects of my work influenced my professional thinking. If you feel that anything in my posts triggered, touched or hurt you I strongly recommend bringing this up during our next session.

