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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, I encourage you to bring them up with me when we meet. As new technology developed and the Internet changes, there may be times when I need to update this policy. If I do so, I will notify you in writing of any policy changes and make sure you have a copy of the updated policy.

My presence on social media sites:

I reserve the right to have a presence on several social media sites, including Twitter, Facebook, and a block on my website. These are exclusively for sharing and parting information related to psychology and mental health I have no expectation that you will follow me on any of these sites, but if it I happened to notice that you were following me, we may have a discussion about this. **My primary concern is your privacy.** If you share this concern, there are other ways to follow me more privately, such as using in RSS feed or a locked Twitter list, which would eliminate you having a public link to my content. You are welcome to use your discretion as to whether you want to follow me. Please note: I will not follow you back, I only follow other professionals on the site.

The information on the site is not intended to provide therapy to anyone, only to share interesting and helpful information. **Please be aware that this is not the appropriate place to send me messages, or share any information regarding your therapy. If there's anything you want me to know, please leave me a confidential voicemail and I will return your call within 24 hours.**

Interacting:

Please do not use messaging on social network sites such as Facebook or LinkedIn to contact me. Engaging with me this week could compromise your confidentiality. It may also create a 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 phone, email or text message. I have a secure/confidential voicemail at 480-234-8667. Direct email at lauriebeth@icangetunstuck.com is second-best for a quick administrative issues such as changing appointment times, but my preference is a voicemail as that is the most secure way of communicating with me. See the email section below for more information regarding email interactions.

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 or you mean you have not been in touch with me via our usual means (coming to appointments, phone or email)there may be an instance in which using a search engine print to (find you, find someone close to you, or to check on your recent

status update) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document and discuss it with you when we next meet.

Business Review Sites:

You may find my psychology practice on such sites such as Google, Yahoo local, Bing or other places which list businesses. Some of the sites include forms in which users rate their providers and I had reviews. Many of the sites home 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 the sites, please note that my listing is not a request for a testimonial, rating or endorsement from you as my client.

Of course, you have the right a right to express yourself on any site you wish. But due to confidentiality, I cannot respond to any review on any of the 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 were using these sites to communicate in directly with me about your feelings about our work, there's 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. None of this is meant to keep you from sharing that you were in therapy with me wherever and with whomever you like. Confidentiality means that I cannot tell people that you are my client and my ethics code prohibits me from requesting testimonials. But you are more than welcome to tell anyone you wish that I'm your therapist or how you feel about the treatment I provided to you, in any form of your choosing.

If you do choose to write something on a business review site, I hope you will keep in mind that you may be sharing personally revealing information in a public forum. I urge you to create a pseudonym that is not linked to your regular email address or friends network for your own privacy and protection.

Texting/Email: I use texting to arrange or modify appointments. Please do not text me content related to your therapy sessions. If you choose to communicate with me by email, be aware that all emails or retain in the logs of your and my Internet service providers. However it may be unlikely that someone will be looking at these logs, they are, in theory available to be read by the system administrator of the Internet service provider. You should also know that any email I received from you and any responses that I send you will be printed out by me and kept in your treatment record.

Thank you for taking the time to review my social media policy. If you have questions or concerns about any of these policies and procedures or regarding our potential interactions on the Internet, do you bring them to my attention so that we can discuss them.

By signing below, I acknowledge that I have read and understand these policies.

_____	_____
Patient Name	Date

_____	_____
Patient Name	Date

