



Acceptance & Healing LLC

## **SOCIAL MEDIA POLICY**

I do not accept friend or contact requests from current or former clients on any social media/networking sites (Facebook, Instagram, LinkedIn, Twitter, 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.

I do not respond to electronic communication other than email. Please do not use SMS (mobile phone text messaging), wall postings, @replies, private messaging, and/or other means of engaging with me publicly on social media/networking sites. Communicating with me in this way could compromise your confidentiality. These sites are not secure and I may not read these messages in a timely fashion. Further, any exchanges would need to be documented and archived in your chart and could thus become a part of your legal medical record.

If you need to contact me between sessions, the best way to do so is by email ([admin@acceptanceandhealing.com](mailto:admin@acceptanceandhealing.com)). However, please note that I use email only to arrange/modify appointments and address minor administrative issues that might arise. Please do not email me content related to your therapy sessions, as email is not completely secure or confidential and there might be a lag in my response (24-48 hours).

If you choose to communicate with me 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 Internet service provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record.

You may find my psychology practice on sites such as Google, Yelp, Healthgrades, Yahoo Local, Bing, or other places which list businesses. Some of these sites include forums in which users can 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.

The American Psychological Association's (APA) Ethics Code states under Principle 5.05 that it is unethical for psychologists to solicit testimonials: "Psychologists do not solicit testimonials from current therapy clients/patients or other persons who because of their particular circumstances are vulnerable to undue influence."

Of course, you have a right to express yourself on any site you wish. 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.

None of this is meant to keep you from sharing that you are 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 forum 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 friend networks for your own privacy and protection.

If you feel I have done something harmful or unethical and you do not feel comfortable discussing it with me, you can always contact the Board of Psychology, which oversees licensing, and they will review the services I have provided.

☐ I acknowledge that I have read the Acceptance and Healing, LLC Social Media Policy.

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Client Name *(Please Print)*

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Date

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Client Signature