



# Offbeat Therapy

## Digital Media Policy

This document will outline the policies of Off Beat Therapy in regards to any Digital Media, including all social media formats and platforms. Please take the time to read the policy to understand how we use social media and conduct ourselves on the Internet as mental health professionals and how you can expect us to respond to any interactions between a client and a counselor.

Feel free to contact us to clarify any of the policies noted below. The Internet is constantly changing and as a result this policy is subject to change. We will notify you in writing if there are any significant changes.

### **EMAIL**

While email is an effective and often preferred method of contact, you need to be aware that email communication is not secure and is susceptible to hacking or malware that allows others to read the content of your email. Our policy in regards to email communication is that it is acceptable for any short communications such as setting appointments or re-scheduling as needed. However, for any personal information or clinical questions we prefer a phone conversation. If you feel the need to use email for any clinical issues, please remember we cannot guarantee your confidentiality but all efforts will be made on our end to ensure your confidence. Any email communication exchanges regarding clinical treatment are subject to become part of your clinical record.

### **FRIENDING**

While we may choose to maintain a social networking account for either professional or personal use, we do not accept friend requests from current or former clients.

*Jessica@offbeattherapy.com*



# *Offbeat Therapy*

It is our belief that adding clients as friends or contacts on social networking sites can compromise your confidentiality. This type of contact may blur the boundaries of our therapeutic & professional relationship. If you have any questions regarding this, please contact us or bring them up in person.

## **LIKING**

We maintain an active Facebook page for our professional practice. This allows for the sharing of blog posts, practice updates, interesting related articles and so on. You are welcome to read or share any articles you find posted there, and are free to do so without 'Liking' the page. If you decide to 'Like' the page, it is up to you, as it will not have any effect on our therapeutic relationship. Please be aware if you do 'Like' our page it will show up to your Facebook friends and potentially others depending on your current privacy settings. If you are a current or former client, please be aware that we will not acknowledge online or in person that you are a client unless you request we do so.

## **INTERACTING**

The use of any social networking sites to contact us are not appropriate means of communication. These sites do not have secure means of communication and we cannot guarantee seeing or reading your message in a timely manner. Please do not interact with us on any 'Wall' postings, @replies, or other means of engaging in public forums if we already have a client/therapist relationship. Doing so may compromise your confidentiality and create the possibility that these exchanges may become part of your legal medical record and will have to be documented and archived in your chart.

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## **BUISNESS REVIEW SITES**

You may be able to find our practice on different business review sites such as Yelp, Google, Yahoo Local or other places which list businesses. Some of these sites include forums which encourage users to rate their providers and provide a review. Some of these sites add listings automatically regardless of whether the business has added itself to the site. If you should find our listing anywhere, please know it is not a request for testimonial, ratings, or endorsement from you as a client.

The American Psychological Association's Ethics Code states under Principle 5.05 that it is unethical for psychologist to solicit testimonials. You have the right to express yourself in any way you deem fit on any site, however due to confidentiality, we cannot respond to any review on any site whether it is positive or negative. If we are working together we urge you to bring any feelings and reactions to our work directly into the therapy session. This is an important part of the therapy process even if you feel we are not a good fit. This is not intended for you to keep that you are in therapy with me, it is your decision to share that wherever and with whomever you choose.

## **CONCLUSION**

Thank you for taking the time to read our Digital Media Policy. If you have any questions or concerns please bring them to our attention so we may discuss them.

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