

Social Media Policy

This social policy aims to address and contain the most likely eventualities that may arise by way of digital exposure, also with reference to maintaining privacy and data protection.

I acknowledge the complex world of digital media and I will try my best to address issues that may impact the therapeutic relationship. The guidelines are based on different professional policies and my choices of my own online activities; I am open to changing my positions on it.

Please read through this document.

My social media activities: It is important for you to be aware that I maintain a relatively active social media presence personally and professionally. Online resources such as Twitter, Facebook, Instagram and LinkedIn enable me to interact with colleagues and other professionals who share a similar interest and to create awareness about my work. My media activities are separate from my clinical work.

As this will be a professional relationship, I am unable to accept friend requests on social networking sites. Also, could I please ask that you refrain from sharing any content of our therapy sessions on any public networking sites.

I acknowledge that there can be some overlap across social networks, and that this sometimes comes to light on Facebook. If this were the case, it would be something we would need to discuss in session.

Google: I have found it is best to avoid encountering information about you that does not come directly from you, so in general practice I do not Google my clients. I am aware, however, that clients will often Google prospective therapists as part of their process in choosing one. If you did so with me,

and this produced any questions, I would be happy to address them with you. Going forward, I have found it is best to find out from each other what we need to know