

Electronic Communication Policy

In order to maintain clarity regarding our use of electronic modes of communication during your treatment, I have prepared the following policy. This is because the use of various types of electronic communications is common in our society, and many individuals believe this is the preferred method of communication with others, whether their relationships are social or professional. Many of these common modes of communication, however, put your privacy at risk and can be inconsistent with the law and with the standards of my profession. Consequently, this policy has been prepared to assure the security and confidentiality of your treatment and to assure that it is consistent with ethics and the law.

If you have any questions about this policy, please feel free to discuss this with me.

Email and Texting Communications

I use email communication and text messaging only with your permission and only for administrative purposes unless we have made another agreement. That means that email exchanges and text messages should be limited to things like setting and changing appointments, billing matters and other related issues. Please do not email me about clinical matters because email is not a secure way to contact me. If you need to discuss a clinical matter with me, please feel free to call me so we can discuss it on the phone or wait so we can discuss it during your therapy session. The telephone or face-to-face context simply is much more secure as a mode of communication.

Social Media

I do not communicate with my clients through social media platforms like Twitter and Facebook. If I discover that I have accidentally established an online relationship with you, I will end it as soon as I become aware. This is because these types of casual social contacts can create significant security risks for you.

I may participate on various social networks, but not in my professional capacity. If you have an online presence, there is a possibility that you may encounter me by accident. Please know that if that occurs, I will not communicate with you through these sites. We can of course discuss this experience during our sessions. I believe that any communications with clients online has a high potential to compromise the professional relationship.

Websites

I have a professional website presence through the Women's Mental Health Collective (www.wmhc.org) and *Psychology Today*. Please feel free to access these sites. I use it to

provide information to others about me and my practice. We can discuss any questions you might have about this information during our sessions together.

Web Searches

I will not use web searches to gather information about you without your permission. I believe that this violates your privacy rights. I understand that you might choose to gather information about me in this way. In this day and age there is an incredible amount of information available about individuals on the internet, much of which may actually be known to that person and some of which may be inaccurate or unknown. If you encounter any information about me through web searches, or in any other fashion for that matter, please discuss this with me during our time together so that we can talk about it and the potential impact on your treatment.

Recently it has become fashionable for clients to review their health care provider on various websites. Unfortunately, mental health professionals cannot respond to such comments and related errors because of confidentiality restrictions. If you encounter such reviews of me or any professional with whom you are working, please share it with me so we can discuss it and its potential impact on your therapy.