

Following

I have a public profile on different social media platforms. I also publish a blog and have a newsletter connected to my business. As a client, I do not expect you to want to follow my business on those platforms. However, if you use an easily recognisable name on social media and I happen to notice that you've followed me there, we may briefly discuss it and its potential impact on our working relationship. My primary concern is your privacy. If you share this concern, there are more private ways to follow me on social media, which would eliminate you having a public link to my content. You are welcome to use your discretion when choosing whether to follow me.

Note that I will not follow you back. I believe casual viewing of clients' online content outside of the therapy hour can create confusion regarding whether it's being done as a part of therapy or satisfying my curiosity. In addition, viewing your online activities without your consent and without our explicit arrangement towards a specific purpose could potentially have a negative influence on our working relationship. If there are things from your online life that you wish to share with me, please bring them into our sessions, where we can view and explore them together during the therapy hour.

If we are already connected through social media, I will unmute you during therapy together.

Friending

I do not accept friend or contact requests from current or former clients on any social networking site. 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. If you have questions about this, please bring them up when we meet, and we can talk more about it.

Interacting

Please do not use SMS (mobile phone text messaging) or messaging on Social Networking sites. These sites are not secure, and I may not read these messages in a timely fashion. Do not use Wall postings, @replies, or other means of engaging with me in public online if we have an already established client/therapist relationship. Engaging with me in this way could compromise your confidentiality.