

Social Media Policy

127 East Rose Street, #K • Walla Walla, WA • *Armstrong Counseling* • Cheri Armstrong, MSW, LICSW
WA License Number 60295761 • 541-969-2345 • page 1 of 2

This policy explains how I relate to use of social media, how I relate to the internet as a mental health professional, and how you can expect me to respond to potential interactions on the web. If you have questions regarding my policy, please ask! This policy is subject to change and changes will be reflected on my website.

FRIENDING

I do not accept friend requests from current or former clients on any social networking site (Facebook, Twitter, LinkedIn, etc). Adding clients as my contacts on these sites could compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship.

FOLLOWING

If you choose to follow me on any blog that I publish, using an easily recognizable name, you may be compromising your privacy. There are more private ways to follow me than to have a public link to my content. It is your choice whether to follow me, but I will not follow you back. If you wish to share some personal web interchanges with me, please print them and bring them to your session.

INTERACTING

Please do not try to contact me by messaging me on Social Networking sites. This type of content is insecure and I may not read these messages in a timely fashion.

Do not post on my wall, reply to a post, or interact with me in public online if we have already established a client/therapist relationship. Interactions of this type could compromise your confidentiality and may become a part of your clinical record, with documentation in your chart.

EMAIL and TEXTING

I will use email and texting *only* for administrative purposes, such as to arrange or modify appointments. Please don't email or text me regarding what we discuss in your therapy sessions, since these modes of communication are not completely secure or confidential. All emails are kept in the logs of internet service providers, and although it is unlikely that someone will look at these logs, it is possible. Additionally, email interchanges between us may become a part of your clinical record.

At your intake appointment, we will discuss how to contact each other. After you decide what forms of communication you would like to use, you may use the method(s) you have chosen to let me know of any changes needed for your appointments. If you decide to contact me by email or texting, you can sign this form as an electronic communication agreement, signifying your understanding that email and texting are not secure, and that you are choosing to contact me electronically, with the understanding that there is potential for you to compromise your privacy.

USE OF SEARCH ENGINES

It is not a regular part of my practice to search for clients on Google, Facebook, or other search engines. An exception may be made during times of crisis.

BUSINESS REVIEW SITES

You may find my counseling practice listed on business sites. Some of these sites include rating forums where users add reviews. If you should find my listing, please understand that my listing is NOT a request for a testimonial, rating, or endorsement from you as my client.

You have a right to express yourself on any site you wish. But due to confidentiality concerns, I cannot respond to reviews on any of these sites, whether positive or negative. You may share with anyone you like that you are in therapy with me. However, I can't tell people that you are my client, nor do I request testimonials.

If you do choose to write a business review, you may be sharing personal information in a public forum. I urge you for your own privacy to use a different name not linked to your regular email or friend networks.

LOCATION-BASED SERVICES

If you use location-based services on your phone, you should be aware of related privacy issues. I don't list my practice as a check-in location on sites like Foursquare, Gowalla, Loopt, etc. However, if you have GPS tracking enabled on your device, others may surmise that you are a therapy client due to regular check-ins at my office. Please be aware of this risk if you are "checking in," from my office or have an LBS app enabled on your phone.

I have reviewed Cheri Armstrong's social media policy and I choose to accept it.

Client Signature _____ Date _____