

Fresh Start Therapy & Coaching

Dr. Ruxandra LeMay

www.ruxandralemay.com

Social & Digital Media Policy

I am passionate about sharing relevant psychology information any way I can. That includes social media, my website, and my Subscriber Content Hub. Please keep in mind that anything that's published on these venues is meant to be general psychoeducation, and not treatment advice.

This document outlines my office policies related to use of social & digital media. As I cannot control the information on these channels, I have a very strict policy on this matter in order to protect your confidentiality. Please understand this has nothing to do with the quality of our therapeutic relationship.

If you have any questions about anything within this document, I encourage you to bring them up when we meet. Please initial each section to indicate you understand and agree with this policy.

Friending _____

I do not accept friend or contact requests from current or former clients on any social networking site.

Following _____

I publish a blog on my website and I post helpful information on different channels on social media. I have no expectation that you as a client will want to follow my blog or social media accounts, however, if you do, please note that I will not be able to follow back.

Social Media Direct Messaging _____

Please do not use direct messaging on social networking sites to contact me. 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.

Business Review Sites _____

You may find my psychology practice on sites such as Yelp, Healthgrades, Yahoo Local, or other places which list businesses. Some of these sites include forums in which users rate their providers and add reviews. Many of these sites comb search engines for business listings and automatically add listings regardless whether the business has added itself to the site. If you should find my listing on any of these sites, please know that my listing is NOT a request for a testimonial, rating, or endorsement from you as my client.

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Of course, you have a right to express yourself on any site you wish. But due to confidentiality, I will only respond in general terms and only if your comments will warrant a response in order to protect the integrity and reputation of my practice. I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you. You should also be aware that if you are using these sites to communicate indirectly with me about your feelings about our work, there is a good possibility that I may never see it.

If we are working together, I hope that you will bring your feelings and reactions to our work directly into the therapy process. This can be an important part of therapy, even if you decide we are not a good fit. None of this is meant to keep you from sharing that you are in therapy with me wherever and with whomever you like. Confidentiality means that I cannot tell people that you are my client and my Ethics Code prohibits me from requesting testimonials. But you are free to tell anyone you wish that I'm your therapist or how you feel about the treatment I provided to you, in any forum of your choosing.

Location-Based Services _____

If you used location-based services on your mobile phone, you may wish to be aware of the privacy issues related to using these services. I do not place my practice as a check-in location on various sites such as Foursquare, Gowalla, Loopt, etc. However, if you have GPS tracking enabled on your device, it is possible that others may surmise that you are a therapy client due to regular check-ins at my office on a weekly basis. Please be aware of this risk if you are intentionally "checking in" from my office.

Signature _____

Date _____