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 privacy laws and ethics.

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

Email Communications

I use email communication and text messaging only with your permission and only for administrative purposes unless we have made another agreement. I do use a HIPPA compliant e-mail platform; however, in order to ensure your privacy at the highest level, it will still be best that email exchanges and text messages with my office 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 may 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.

Text Messaging

Because text messaging is a not a very secure or reliable mode of communication, I do not text message to nor do I respond to text messages from anyone in treatment with me. So, please do not text message me unless we have already made other arrangements.

Social Media

I do not communicate with, or contact, any of my clients through social media platforms like Twitter, Instagram and Facebook. In addition, if I discover that I have accidentally established an online relationship with you, I will remove the online connection. This is only because these types of casual social contacts can create significant security risks for you, and it is solely for your protection and to maintain the integrity of our therapeutic relationship.

I 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. If that occurs, please feel welcome to discuss it with me during our time together. In addition, please do not try to contact me in this way. I will not be able to respond or accept any online connection no matter how accidental. Again, this serves to safeguard your privacy and the integrity of our therapeutic relationship.

Websites

I have a website that you are free to access. I use it for professional reasons to provide information to others about me and my practice. You are welcome to access and review the information that I have on my website and, if you have questions about it, please bring it to my attention during our therapy sessions.

Web Searches

I will not use web searches to gather information about you without your permission. I believe that this violates your privacy rights; however, 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 manner, please discuss this with me during our time together so that we may address any questions or concerns you may have.