



*Weeds to Wishes*  
Counseling & Consulting

This document outlines my office policies related to use of social media. Please read to understand how I conduct myself on the Internet as a mental health professional and how you can expect me to respond to various interactions that may occur between us on the Internet. If you have any questions about anything within this document, I encourage you to bring them up when we meet. As new technology develops and the Internet changes, there may be times when I need to update this policy. If I do so, I will notify you in writing of any policy changes and make sure you have a copy of the updated policy.

### **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 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 manner. 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 this way could compromise your confidentiality. It may also create the possibility that these exchanges become a part of your legal medical record and will need to be documented and archived in your chart. If I become aware that our social media accounts share connections, I will attempt to remove myself from your social connections. If you need to contact me between sessions, the best way to do so is by phone. Direct email at [kat@weeds-to-wishes.com](mailto:kat@weeds-to-wishes.com) is only for quick, administrative issues, such as changing appointment times. See email section below for more information regarding email interactions.

### **Use of Search Engines**

It is not a regular part of my practice to search for clients on Google or Facebook or other search engines. Extremely rare exceptions may be made in time of a crisis. If I have reason to suspect that you are in danger and you have not been in touch with me via usual means (coming to appointments, phone, or email) there may be an instance in which using a search engine (to find you, find someone close to you, or check on your recent status updates) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document it and discuss it with you when we next meet.

### **Google Reader**

I do not follow current or former clients on Google Reader and I do not use Google Reader to share articles. If there are things you want to share with me that you feel are relevant to your treatment, whether they are news items or things you have created, I encourage you to bring these items of interest into our sessions.

### **Location-Based Services**

If you used location-based services on your mobile phone, you may wish to be aware of 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, 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 or on a weekly basis. Please be aware of this risk if you are intentionally "checking-in" from my office or if you have a passive LBS app enabled on your phone.

### **Email**

I prefer using email only to arrange or modify appointments. Please do not email me content related to your therapy sessions, as email is not completely secure or confidential. If you choose to communicate with me by email, be aware that all emails are retained in the logs of your and my Internet service providers. While it is unlikely that someone will be looking at these logs, they are, in theory, available to be read by the system administrator(s) of the Internet service providers.

You should know that any emails I receive from you and any responses that I send you become part of your legal record.

### **Conclusion**

Thank you for taking the time to review my social media office policy. If you have questions or concerns about any of these policies and procedures or regarding our potential interactions on the Internet, please bring them to my attention so we may discuss them.

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