

## **Social Media Policy**

I am active on Social Media and have devised this policy to clearly set out to my clients how I operate ethically and professionally on public sites. The policy is also to protect my client's privacy and confidentiality, and our therapeutic relationship. If you have any questions about this policy then feel free to ask them in our session together or via email.

Social media plays a part in most peoples' lives- Facebook, LinkedIn, Google+, Instagram to name a few. I engage in social media and I imagine many of my clients and supervisees do too, so the possibility of our digital lives overlapping outside of the consulting room increases.

I keep a Facebook page, twitter account and LinkedIn page for professional purposes. You are welcome to look at these and make comments. I use these pages to share inspirational quotes, and any helpful articles on mental health issues. You are welcome to follow or even 'like' but I will not engage in any counselling or help via these pages. Please do bear in mind that comments could compromise your confidentiality that you are seeing me as a client or it may impact our therapeutic relationship.

I will not accept friends or contact requests from any client or colleagues on my personal Facebook account. This page is private and for friends and family only.

If you do share anything on twitter then remember retweeting can, just like Facebook, compromise your confidentiality or our working alliance. I will not offer any personal help or support through twitter.

LinkedIn. This is my professional profile. You are welcome to look at it and share any helpful information that feels appropriate.

### **Google + and Advertising Sites**

You may have found out about me on sites such as Google+, Counselling Directory or other places that list businesses. Some of these sites allow users to add a review. If you have found me via these sites you are not obliged to rate or endorse me as a client. You do have the right to comment on these sites. Remember these sites are public forums and sharing any information could reveal who you are. To protect your privacy it is best to use another email address. If you do have any issues that are troubling you then it is best you bring it to our sessions together as this can be an important part of our therapy.