

## **Transcend Therapy, Inc.** **Social Media Policy**

This document outlines Transcend Therapy policies related to use of Social Media. Please read it to understand how we conduct ourselves on the Internet as a mental health professional and how clients and others can expect us to respond to various interactions that may occur between us on the Internet. If you are a current client and have any questions, we encourage you to bring them up when we meet.

### **Goals of Our Websites and Other Media**

Our websites, social media accounts and Get Mental Podcast is part of Transcend Therapy, Inc. The views expressed on our websites, podcast and social media outlets are our own. The goal of our website, podcast and social media presence is to advertise our business, share resources and promote mental health awareness.

Information on our website, Get Mental Podcast and all social media are never a replacement for psychotherapy with a licensed therapist. If you are experiencing distress or a psychiatric emergency, please contact your regular therapist or crisis service, 911 or go to the nearest ER.

### **Friending and Interacting**

We do not accept friend or contact requests from current or former clients on any social networking site (Instagram, Twitter, Facebook, LinkedIn, etc.). Transcend Therapy believes 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. Please bring up any concerns or questions with your therapist.

You are welcome to view our social media accounts and read or share information posted there, but we do not encourage comments from clients on those platforms. This is to protect your confidentiality. We will also remove information from clients that may compromise their confidentiality as we become aware of it. Engaging with us in 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 you need to contact us between sessions, the best way to do so is by phone. Direct email is second best for brief, administrative issues such as changing appointment times. Please refer to our Email and Text Policy for more information regarding electronic communications.

Client Name: \_\_\_\_\_

Client or Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*We have made this policy adapted from both the model Social Media Policy by Keely Kolmes, PsyD and*

*Mr. Sean Erreger, LCSW published on their websites.*