



Social Media Policy

As a therapist, I am committed to providing you with the best possible care and ensuring your privacy and confidentiality are maintained. To help you understand how I will (or will not) engage with you on social media, please review the following:

Privacy and Confidentiality

- I will not initiate or accept friend requests or connection requests from clients on social media platforms.
- I will not comment on, like or share your personal posts or content related to our therapeutic relationship on social media.
- I will not search for you on social media to find out information about you. What you share is in your control and shared in the context of our sessions.
- I will never share any information that could identify you, including your name, photo, or any specific details about your therapy, on social media.
- Please refrain from sharing personal or sensitive information about your therapy sessions on social media.
- Please do not share any recordings of our sessions on social media.
- If you have challenges with me as a therapist, please discuss these challenges with me in your session as opposed to voicing these thoughts on social media. If we are unable to resolve these challenges, there are official routes you can take.

Digital Communications

- I encourage you to reach out to me through secure and private communication channels such as email (for session content) or WhatsApp (for last minute session cancellations).
- If you have an urgent or crisis situation, please do not contact me on social media, instead call an emergency service or crisis line number.

Healing Trauma from Within

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Professional Social Media Presence

- I maintain professional social media profiles for educational purposes and to share mental health resources and information. If you come across my professional profiles, feel free to follow or connect, but please understand that I won't engage in personal discussions or provide therapeutic advice on these platforms.

Boundaries and Dual Relationships

- It's important to maintain the therapeutic relationship within the boundaries of our sessions. Interactions on social media can blur these boundaries and potentially harm the therapeutic process.
- I will maintain appropriate professional boundaries on social media by not engaging in personal relationships with current or former clients.
- I will avoid sharing personal opinions on sensitive topics that could potentially harm the therapeutic relationship with clients.

Your Social Media Usage

- Be mindful of your own social media usage and how it may impact your mental well-being. If you have concerns or questions related to this, please discuss them during our therapy sessions.

Reporting Concerns.

- If you encounter any content on social media that makes you feel uncomfortable or raises concerns about our therapeutic relationship, please bring it up in our sessions.

Content Guidelines

- I will only share content related to mental health, therapy, and well-being that is evidence-based, respectful, and non-promotional.
- I will provide general educational information, avoiding offering specific therapeutic advice or diagnoses through social media.

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Privacy Settings.

- I will regularly review and update the privacy settings of my social media accounts to protect your personal information.

Interactions and responses.

- I will respond to messages or comments from the public in a professional and respectful manner.
- I will avoid engaging in online disputes or arguments, especially related to sensitive topics.

Reporting and Violations.

- I will promptly report any breaches of this social media policy to the relevant authorities or professional organizations.
- I will cooperate with any investigations related to ethical violations on social media.

Consequences of Violations.

- Verbal abuse, slander or any other defamatory behaviour will not be tolerated and may result in action being taken. Mutual respect needs to be at the core of our work together.

Review and Updates.

- This social media policy will be reviewed periodically and updated as needed to ensure its relevance and effectiveness.

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