

Journey Into Wellness Counseling Services LLC
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Privacy Policy related to technology & social media.

It is important to understand how I conduct myself on the Internet as a mental health care 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 I encourage you to bring them up for discussion 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, you will be notified in writing of any policy change. If you have concerns, questions, or information that may be helpful please discuss it with me.

Social Media

I do not accept friend or contact requests from current or former clients on any social networking sites (Facebook, LinkedIn, etc.). Adding clients as friends or contacts can compromise confidentiality and privacy. It also blurs the boundaries of our therapeutic relationship. My professional practice also includes non-clinical aspects such as education, training, and supervision for which I use Facebook, Twitter, LinkedIn, and a website to share blog posts, practice updates, and connect with colleagues and students. There is no expectation that you, as a client, will want to follow any of this information but if you choose to do so please know that I have not recommended it and it can possibly be a risk to your confidentiality. Please be aware that I will not be able to follow any of your social media or personal information on the Internet. If there is material from your online life you wish to share with me, please bring them into our sessions where we can view and explore them together, during the therapy hour. If you use location-based services on your mobile phone, you may wish to investigate the potential privacy issues related to using these services. Social media linked to mobile devices sometimes have a “check in” feature. You should be aware that intentionally or unintentionally “checking in” from an office location where clinical services are provided may make it possible for others to surmise that you are a therapy client which can be a risk to your confidentiality and privacy.

Communication

If you need to communicate with me between sessions, the best way is by phone, 727-688-5800. If I am unable to answer you can leave a voice message and I will return your call as soon as I am able. If I am away or unavailable for an extended amount of time my outgoing voicemail message will have detailed information about my ability to return messages. Email and text messaging is a risk to your privacy and unreliable as I cannot be sure I will receive these messages in a timely manner. I prefer using email and text messaging only to arrange or modify appointments, if necessary. Please do not email or text content related to therapy sessions, as these are not completely secure or confidential. If you choose to communicate with me by email and/or text message, be aware that these are retained in the logs of your and my Internet Service providers. While it is unlikely that someone will look at these logs, they are, in theory, available to be read by the system administrators of the ISP. You should also know that any emails and text messages I receive and any responses become a part of your clinical record.

Conclusion

Thank you for taking the time to review my technology & social media policy. If you have questions or concerns about any of these policies do bring them to my attention so we can discuss them.