

## **Helena Meadows – Psychotherapy, Hypnotherapy**

### **Social Media Policy**

Social Media has become embedded in modern society and I too have a presence on LinkedIn, Instagram, Twitter and Facebook.

It is important that you read this policy before we engage in a therapeutic relationship, as it explains how I conduct myself on the internet as a mental health professional, and what you can expect from me regarding the potential online interactions that may occur between you, my clients and myself.

This policy may be updated from time to time according to internet changes and I will notify you in writing of any policy changes. If you have any questions, I would encourage you to bring them up when we meet.

#### **Professional and Personal Accounts**

I have professional social media accounts for the sole purpose of professional matters regarding my work as a therapist. At times I may post articles, as well as support, advice, or news in the area of psychotherapy. These professional pages are separate from my personal accounts, which I hold as an individual and are accessible only to my personal relations. I do not communicate with, or contact clients through any of my social media accounts.

#### **Friend Request**

Please understand that for ethical and confidentiality reasons, I am unable to accept friend or contact requests from current or former clients on any social networking site. Please do not use messaging on social media or networking sites to contact me as the security of these can be easily compromised.

#### **Following**

My clients may follow my professional social media page if they wish; I will not follow my clients, past or current, on any social media platform. Shall there be any aspects from your experience you wish to share with me in therapy please bring them into our therapy sessions.

#### **Search Engines**

I do NOT normally search for my clients on Google, Facebook or other search engines. Extremely rare exceptions may be made during times of crisis, for instance if I suspect you may be in danger to yourself or others; this would be to ensure your welfare.

#### **Location-Based Services**

Please be aware that if you use location-based services on your mobile phone, this may compromise your privacy while attending sessions at my office. To maintain your privacy and confidentiality please disable check-in location on your devices when visiting my office.

Thank you for taking the time to read my Social Media Policy. If you have questions or concerns about any of these policies or regarding our potential interaction online, please feel free to raise them in our sessions.