

Social Media Policy

My policies related to the use of Social Media are outlined below. It outlines how I conduct myself on the Internet as a mental health 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, feel free to bring them up when we meet in our online sessions. There may be times when I must update this policy. If I do so, I will notify you in writing, and make sure you have a copy of the updated policy.

Following

I do not accept friend or contact requests from current or former clients on any social networking site (Instagram, Facebook, LinkedIn, etc). If you are already an existing contact, I will not delete you, however, I will not respond to any content you add. This is because, adding clients as friends or contacts on these sites can compromise your confidentiality, blur the boundaries of our therapeutic relationship and our respective privacy. If you need more information about this, feel free to bring it up in our online sessions, where we can explore it further.

Social Media Policy

In terms of following on social media platforms; as stated in the above; if you are already an existing contact, I will not delete you, however, I will not respond to any of your postings. The reason for this is I wouldn't want to create any confusion in regard to whether I am following as a part of your treatment or to satisfy my own personal curiosity. Also, viewing your online activities without your consent, could have a negative impact on our therapeutic relationship. Sharing anything from your online life, if you wish to, can be done through our online sessions.

Interacting

If you need to get in touch with me, you can either contact me via email or through my website. The use of SMS (mobile phone text) or direct messaging (DM) is not a secure medium and may compromise your confidentiality. These exchanges could also result in being part of your legal record and would need to be documented in your records.

If you need to contact me between sessions, the best way to do so is by email. Direct email at rebalancechat@gmail.com.

Use of Search Engines

I do NOT search for my clients on any social platform, this includes Google, Facebook, Instagram or LinkedIn, except in the rare exception of a crisis. If I suspect that you may be of harm to yourself or to someone else. This will only happen if you miss a number of appointments and our regular method of corresponding (via email) is not answered. This is an unusual occurrence, and if this means is utilized, it will be fully outlined in your records and discussed with you at our next online session.

You of course, feel free to express yourself on your social media platforms how you wish, however, I will not respond whether your information is positive or negative; in order to protect your confidentiality and the privacy our therapeutic relationship.

If we or you decide that we can work together; I hope that you will feel comfortable enough to bring your thoughts and feelings into the therapy process. Whether you choose to share that you are in therapy with me wherever and with whomever you like is completely your choice. My Code of

Ethics, however, expressly forbids me from telling anyone that you are my client and also prohibits me from requesting testimonials. However, you are more than welcome to tell anyone you wish that I'm your therapist or how you feel about the treatment I provided to you, in any forum of your choosing.

If you do choose to write something on a business review site, I hope you will keep in mind that you may be sharing personally revealing information in a public forum. I urge you to create a pseudonym that is not linked to your regular email address or friend networks for your own privacy and protection.

If, throughout our therapeutic relationship, you feel I have done something harmful or unethical to you, and you do not wish to or feel uncomfortable discussing it with me, you can contact the Board of Psychology in Barbados, and they will review the services I have provided.

The Ministry of Health

3rd Floor

National Insurance Building

Culloden Road

St. Michael

Email

I prefer the use of email only to arrange or modify appointments. I may email you content that can assist you between our online sessions. However, remember that this medium is not always secure and while it may be unlikely that our emails will be logged it is possible for our communication to be logged by the administrator of our service providers. Also, you should know that any correspondence via email will be logged in your legal record.

Conclusion

I want to take the time to express my thanks to you for reading this policy. If you have any questions, feel free to raise them during any of our online sessions and we can explore them together.