



Media, Social Media, and Electronic Communication Policies

The following details the policies of Jemese LaChel Psychotherapy and Coaching, LLC related to use of Media, Social Media, and other forms of electronic communication. Please read carefully to fully understand how I conduct myself within these realms and how you can expect me to respond to various interactions that may occur between us on the Internet.

After reviewing this document you may have questions. Please do bring to my attention any questions or concerns you have regarding these policies.

If there are updates to this policy in the future I will notify you in writing and ensure that you have the most up-to-date copy of these policies.

Email:

I may use email to arrange appointments or to modify existing appointments. Occasionally, if we discuss in session information that you may benefit from online, I may send you this information or links via email. **Please do not email me content related to your therapy sessions, as email is not completely secure or confidential.** If you choose to communicate with me by email, be aware that all emails are retained in the logs of your and my Internet service providers. While it is unlikely that someone will be looking at or searching for these logs, they are available to be read by the system administrator(s) of the Internet service provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal record.

Facebook:

I do not accept friend requests from potential, current, or former psychotherapy clients, nor do I respond to any psychotherapy client requests on my personal or business Facebook page. I believe that this act violates your confidentiality, our respective privacy, and can be a barrier to successful treatment. Additionally, this may "blur" boundaries established between us in the professional realm. As our relationship is professional in nature, our interactions should remain professional rather than "casual".

I do maintain a Facebook page for Jemese LaChel Psychotherapy and Coaching, LLC, which you are welcome to view, read, "like", or share with others. However, I do not interact in a personal or therapeutic nature with anyone who chooses to interact with Jemese LaChel Psychotherapy and Coaching, LLC via social media. Jemese LaChel Psychotherapy and Coaching, LLC's Facebook page is a public forum and any articles, blogs, news, or posts are for educational or informative purposes only, not as "treatment" or a substitute for treatment. The purpose of this Facebook page is to share information about mental health, our services, or news and events. News and events will be posted from the local or surrounding communities, the nation as a whole, or abroad.

If you choose to interact in any manner on Jemese LaChel Psychotherapy and Coaching, LLC's Facebook page, you do so with the full knowledge that anything you choose to "like", post, share, or comment on can potentially expose you and your beliefs, values, existence as a client in therapy, or interest/feelings about Jemese LaChel Psychotherapy and Coaching, LLC or the counseling profession.

PLEASE DO NOT USE PRIVATE MESSAGING ON FACEBOOK TO CONTACT JEMESE LACHEL PSYCHOTHERAPY AND COACHING, LLC. This is not a secure site and messages are not read in a timely manner such as they are via email or voicemail. Engaging with therapists in this manner



(private social media messaging) could create the possibility that these exchanges become part of your legal medical record and be documented in your medical file.

Note that you should be able to subscribe to the page via RSS without becoming a "fan" and without creating a visible, public link to my Page.

I do not seek endorsement or reviews for my services on my Facebook page, nor do I see your interest in the page as an endorsement for my services. I do not hold the expectation that you as a client will follow Jemese LaChel Psychotherapy and Coaching, LLC on Facebook.

Please note that I will not "follow" you back on social media sites in order to protect our therapeutic relationship, our privacy, and confidentiality.

Twitter:

I may choose to maintain a twitter account for Jemese LaChel Psychotherapy and Coaching, LLC where I share news, information, or other articles of interest that pertain to Jemese LaChel Psychotherapy and Coaching, LLC or the mental health field. I do not hold the expectation that you as a client will follow Jemese LaChel Psychotherapy and Coaching, LLC on twitter. You are welcome to subscribe or follow Jemese LaChel Psychotherapy and Coaching, LLC at your discretion. I do not interact in a personal or therapeutic nature with anyone who chooses to interact with Jemese LaChel Psychotherapy and Coaching, LLC via social media. Jemese LaChel Psychotherapy and Coaching, LLC's twitter feed is a public forum and any articles, blogs, news, or posts are for educational or informative purposes only, not as "treatment" or a substitute for treatment. The purpose of twitter as it pertains to Jemese LaChel Psychotherapy and Coaching, LLC is to share information about mental health, our services, or news and events. News and events will be posted from the local or surrounding communities, the nation as a whole, or abroad.

If you choose to interact in any manner with Jemese LaChel Psychotherapy and Coaching, LLC via twitter, you do so with the full knowledge that anything you choose to "like", post, share, or comment on can potentially expose you and your beliefs, values, existence as a client in therapy, or interest/feelings about Jemese LaChel Psychotherapy and Coaching, LLC or the counseling profession.

PLEASE DO NOT USE PRIVATE MESSAGING VIA TWITTER TO CONTACT JEMESE LACHEL PSYCHOTHERAPY AND COACHING, LLC. This is not a secure site and messages are not read in a timely manner such as they are via email or voicemail. Engaging with therapists in this manner (private social media messaging) could create the possibility that these exchanges become part of your legal medical record and be documented in your medical file.

Note that you should be able to subscribe via RSS without becoming a Fan and without creating a visible, public link to Jemese LaChel Psychotherapy and Coaching, LLC. I do not seek endorsement or reviews for my services on my twitter feed, nor do I see your interest in Jemese LaChel Psychotherapy and Coaching, LLC's twitter account as an endorsement of services.

Please note that I will not "follow" you back on social media sites in order to protect our therapeutic relationship, our privacy, and confidentiality.

Blog:

I do maintain a blog for Jemese LaChel Psychotherapy and Coaching, LLC where I share original writings, news, information, or other articles of interest that pertain to Jemese LaChel Psychotherapy



and Coaching, LLC or the mental health field. I do not hold the expectation that you as a client will follow Jemese LaChel Psychotherapy and Coaching, LLC via blog. You are welcome to subscribe or follow Jemese LaChel Psychotherapy and Coaching, LLC at your discretion. I do not interact in a personal or therapeutic nature with anyone who chooses to interact with Jemese LaChel Psychotherapy and Coaching, LLC via social media. Jemese LaChel Psychotherapy and Coaching, LLC's blog is a public forum and anything shared or written is for educational or informative purposes only, not as "treatment" or a substitute for treatment. The purpose of the blog as it pertains to Jemese LaChel Psychotherapy and Coaching, LLC is to share information about mental health, our services, or news and events. News and events will be posted from the local or surrounding communities, the nation as a whole, or abroad.

If you choose to interact in any manner with Jemese LaChel Psychotherapy and Coaching, LLC's blog you do so with the full knowledge that anything you choose to "like", post, share, or comment on can potentially expose you and your beliefs, values, existence as a client in therapy, or interest/feelings about Jemese LaChel Psychotherapy and Coaching, LLC or the counseling profession.

PLEASE DO NOT USE PRIVATE MESSAGING TO CONTACT JEMESE LACHEL PSYCHOTHERAPY AND COACHING, LLC VIA BLOG. This is not a secure site and messages are not read in a timely manner such as they are via email or voicemail. Engaging with therapists in this manner (private social media messaging) could create the possibility that these exchanges become part of your legal medical record and be documented in your medical file.

Note that you should be able to subscribe via RSS without becoming a Fan and without creating a visible, public link to Jemese LaChel Psychotherapy and Coaching, LLC.

I do not seek endorsement or reviews for my services on my blog nor do I see your interest in Jemese LaChel Psychotherapy and Coaching, LLC's blog as an endorsement of services.

Please note that I will not "follow" you back on social media sites in order to protect our therapeutic relationship, our privacy, and confidentiality.

**Regarding any social media platform, I will not view or "search" for you in any format, nor will I contact in any of the above formats. I believe this is unnecessary and a violation of your privacy. If there is something you wish to show me or discuss with me via social media, please bring this to your session so we can view this together in a therapeutic environment. Extraordinarily rare exceptions may be made during times of crisis. If I have any reason to suspect that you are in danger or you are putting others in danger, and you have not been in touch with me via our usual means of communication (sessions, phone, or email contact), there might be an instance in which using a search engine (to find you, find someone close to you, or to check on your recent status updates) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document it and discuss it with you when we next meet.

Business Review Sites:

You may come across or find Jemese LaChel Psychotherapy and Coaching, LLC on business review sites such as Bing, Yahoo, Yelp, Healthgrades, Angie's List, et cetera. These sites may include forums in which you or others may rate services or add reviews of Jemese LaChel Psychotherapy and Coaching, LLC. Many of these sites scour search engines for business listings and automatically add listings regardless of whether or not the business has added itself to the site. If you should find my listing on any of these sites, please know that my listing is NOT a request for a testimonial, rating, or endorsement from you as my client.



You have a right to express yourself or your views on any site you wish. Due to confidentiality, I cannot respond to any review on any of these sites whether it is positive or negative. I ask you to take your own privacy into consideration if you choose to post on these sites. Additionally, if you are using these sites to communicate indirectly with Jemese LaChel Psychotherapy and Coaching, LLC about your feelings about your treatment or our services, I may never see it as I do not regularly visit any of the aforementioned sites or similar sites.

I hope that you will bring your feelings about your treatment directly to your sessions or through a private means of communication. This can be an important part of therapy, even if you decide we are not a good fit or that you are unsatisfied with our services.

Of course you are more than welcome to tell anyone you wish who your therapist is or how you feel about the treatment we provided to you, in any forum of your choosing. If you do choose to write something on a business review site, or any public site, I hope you will consider that you may be sharing personally revealing information in a public forum.

Location-Based Services:

If you used location-based services on your mobile phone, you may wish to be aware of the privacy issues related to using these services. If you have GPS tracking enabled on your device, it is possible that others may assume that you are receiving therapy due to regular "check-ins" at our location. Please be aware of this risk if you are intentionally "checking in," from our office or if you have a passive Location identifier app enabled on your phone.

I have read, understand and agree to the above policies. I have been offered a copy of these policies to take with me if desired.

_____	_____	_____
Client(s) Printed Name	Client(s) Signature	Date
<u>Jemese LaChel Edmonson, MSW, LCSW</u>	_____	_____
Therapist Printed Name	Therapist's Signature	Date