

PHONE, EMAIL, TEXT & SOCIAL MEDIA POLICY

PHONE

The best way to contact me is to call me by phone at 503-547-9505.

EMAIL

You may use email to contact me, however, it is important for you to know I check my email only during work hours and not in the evening nor on weekends. I do not receive or respond to emails from my phone.

You should also know emails are not confidential. Do not email to me information you desire to remain confidential. Your privacy is important to me and psychotherapy is designed to be confidential. What you choose to share with others about your therapy is up to you. ***Do not email me with urgent or emergent situations.***

If you choose to communicate something to me by email, please know what you send me, will become part of your medical record and could become legally discoverable.

TEXTING

You should know texting is not confidential. You may choose to text me regarding administrative aspects of treatment with me (appointments, etc.). If you wish to briefly discuss something with me, please call or bring this up at the next appointment. ***Do not text me with urgent or emergent situations.***

FACEBOOK, LINKED-IN AND OTHER SOCIAL MEDIA SITES

I do not currently have a Facebook or Linked-In presence and do not engage in messaging or "friending" on those or other social media sites.

BLOGS & POSTINGS

From time to time, I may post articles or links on my website or elsewhere. Please do not comment or respond to those posts or blogs. This may compromise your confidentiality and inadvertently identify you as a client of mine. You may contact me directly (by phone or in session) if you have questions or comments about something I have posted or written.

SEARCH ENGINES

I do not regularly use search engines (Google, Ask.com, etc) in my practice to obtain information about clients.

CONSUMER REVIEW SITES

I encourage you not to leave reviews on consumer review sites. This is likely to identify you as a client of mine and thus compromise your privacy. It is also an ethical guideline for psychologists not to solicit endorsements and testimonials from current or former clients.

LOCATION BASED SERVICES

If you have a location based service or GPS active on your phone your privacy may be compromised. Please be aware others may be able to determine you are at my office and surmise you are a client of mine.

The information contained here is effective as of September, 2013.