

E-mail and Text Communication and Use of Social Media

E-mails can be used to communicate between a therapist and client. This communication can include making or changing appointments, providing brief feedback about particular concerns or passing along information that may be relevant from the therapist to the client or the client to the therapist. It is important to be aware of the following:

- E-mail is not a confidential method of communication and;
- There is a risk that e-mail communication between you and your therapist may be intercepted by third parties or transmitted to unintended parties.

In addition, you should understand that in an urgent or emergent situation, you should call your therapist or go to the Emergency Room and not communicate via e-mail.

Text messages are only used to remind individuals in individual therapy about their appointments the next day. This office does not have the capacity to communicate via text.

Clients should be aware that I do not respond to invitations to join a person's Facebook Page, LinkedIn, Twitter or other social media outlet. This is to protect the privacy and boundaries of the therapy relationship.

If you do not wish to communicate via email or be sent text message reminders about your appointment please notify me of this preference.