

# **Anthony Orias LMHC NCC 2319 N. 45th st #111, Seattle, WA. 98103.**

## **Social Media and Technology Policy**

This policies outlines my practice's policies involving the use of technology and interaction with patient's social media. After reading, please let me know if you have any additional questions.. In my private practice, I have limited interaction and access in these social media mediums. Below I will address my policies.

### **Friend Requested**

I unfortunately do not interact with my clients via social media platforms (Facebook, LinkedIn, Instagram, twitter etc.). My reason for this is that it can blur the boundaries of the therapeutic process. It can also distort the interruption of the how the client views me as clinician. It also could allow me to have access to information before you feel comfortable disclosing it in session. For these reasons, I abstain from interacting with my clients via social media.

### **EMAIL**

I prefer using email with clients minimally. Email is not a secure form of communication, nor is it confidential. Please limit email to setting up or modifying appointments. I cannot guarantee that I will check email on a regular basis. Please do not email me if you are in crisis. Call 911 or call the crisis clinic at 206.461.3222. 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.

### **TEXTING**

Please do not text me at the above number. Text conversations can be easily misinterpreted, and can often cause misunderstandings in the counseling process. Please only text regarding appointment modifications.

### **WEBSITE/WEBSEARCH**

I maintain a website for my private practice, where I keep my content up-to-date. I as addressed above in social media section about find out information about client I prefer to have disclosed in session. Please feel to disclose your presence in session if you feel it's for me to know about to benefit that work that we are doing together. My blog on my website serves only as platform to provide resources around therapy-related issues; I don't interact with people through my blog.

Thank you for taking the time to review my Social Media and Technology Policy. If you have questions or concerns about any of these policies and procedures, or regarding our potential interactions through technology, please do bring them to my attention so that we can discuss them.

Signature\_\_\_\_\_

Date \_\_\_\_\_