



*The Self-Care Path, LLC*  
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## **Communication and Social Media Policy**

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### **\_\_\_ (Initial) Emails**

If you do not want The Self-Care Path, LLC to email you, please do not provide an email. If you provide an email, our scheduling software will automatically send you appointment reminder emails. Please choose the best email for this, or do not submit your email at all. You may email The Self-Care Path, LLC or your provider at any time. We do lock our devices and delete messages in a timely manner. However, this is NOT a guaranteed private and confidential way of communicating. All communication may become a part of your legal file with The Self-Care Path, LLC. By signing below, you acknowledge that email communication is not a guaranteed private or confidential form of communication (sending or receiving).

### **\_\_\_ (Initial) Phone Calls and Text Messages**

Phone records are not private and confidential. We do lock our devices and delete messages in a timely manner. Nothing can be recorded without your permission; and we do not plan to record any communications with you. For your convenience, you may text your therapist about scheduling appointments. All communication may become a part of your legal file with The Self-Care Path, LLC. By signing below, you acknowledge that phone calls and text message communication are not a guaranteed private or confidential form of communication (sending or receiving).

### **\_\_\_ (Initial) Social Media**

The Self-Care Path, LLC has a Facebook page that you are welcome to visit, and fully participate/interact with. However, this a public forum and is not a private and confidential communication modality. We do not acknowledge any person's patient status with us, and will never confirm or deny a professional relationship in any way. Please note that FB Messages can be seen by all SCP, LLC providers. We do lock our devices and delete messages in a timely manner.

The Self-Care Path, LLC or any employee or contractor of The Self-Care Path, LLC will not follow, friend, fan, or accept any relationship connection via social media if you are a patient of The Self-Care Path, LLC. Our main concern is your privacy and confidentiality. It is also significantly important that we remain your provider, and follow the professional boundaries necessary to preserve the integrity of our therapeutic relationship with you. If you have any questions about this, please talk with your provider about this.

All communication may become a part of your legal file with The Self-Care Path, LLC. By signing below, you acknowledge that any social media communication is not a guaranteed private or confidential form of communication (sending or receiving).

### **\_\_\_ (Initials) Interacting**

Any mode of communication outside of email/phone calls/text messages are NOT secure. This includes: LinkedIn, Facebook, Twitter, Business Review Sites, and the multitude of other social media portals. Also, in public, if your provider recognizes you, it is policy to not initiate any contact

with you. You are welcome to initiate contact -and your provider will never confirm/deny your patient status during this interaction. All communication may become a part of your legal file with The Self-Care Path, LLC. By signing below, you acknowledge that any social media interaction/communication is not a guaranteed private or confidential form of communication (sending or receiving).

\_\_\_\_ **(Initial) OTHER**

The American Psychological Association's Ethics Code states under Principle 5.05 that it is unethical for psychologists to solicit testimonials: "Psychologists do not solicit testimonials from current therapy clients/patients or other persons who because of their particular circumstances are vulnerable to undue influence."

If your provider has a LinkedIn account, or any similar account and it solicits you to provide a review, please ignore this automatic prompt. We will never solicit you for a review of our services. Of course, you have a right to express yourself on any site you wish; but due to confidentiality, we cannot respond to any review on any of these sites whether it is positive or negative. We urge you to take your own privacy as seriously as we take our commitment of confidentiality to you.

**By signing below, you acknowledge reading and understanding this document.**

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**