

Electronic Communications and Social Media Policy

Cell Phone Use

In the regular conduct of my practice, I may make use of a cellular phone or other portable communication device to communicate with clients. In such cases, I will limit the information I store in any portable communication device to the least necessary. Please be aware that such forms of communication do have inherent risks to client confidentiality. If you would prefer that I do not store your name and telephone number in a portable communication device, or if you would prefer that I do not communicate with you via cellular phone, please inform me so that we can make alternative arrangements.

Email and Text Communication

In order to best protect your confidentiality, I typically will communicate with clients via email and/or text message for the purposes of scheduling or canceling appointments only. If you need to communicate with me via email or text for any other purpose, please discuss that with me in person.

Distance Counseling

At your request, for your convenience, and if it is therapeutically appropriate, I may make use of technology assisted distance counseling tools such as telephone communications and internet enabled video and/or audio services. It is important that you understand the benefits and limitations of such services.

- If you are located outside of the State of Washington, the counseling services I am allowed to provide to you may be limited or prohibited. If you are located outside of the State of Washington, we will discuss what services I can provide to you.
- Distance counseling services are not appropriate for all clients and all situations. If you or I determine that distance counseling services are not appropriate for you, I will assist you in obtaining face-to-face counseling.
- Successful use of distance counseling services requires a reasonable level of access to computer hardware and software. If you do not have access to such resources, we can discuss available alternatives.
- At times it may become necessary for me to allow access to my computer hardware and software for purposes of system maintenance, repair, upgrades, or other similar purposes. In such cases, I will make every effort to protect your confidential information.
- Distance counseling services are often not reimbursed by insurance.
- In case of hardware, software or other system failure, you may reach me by phone to coordinate our continued work together.

Social Media Policy

Professional ethics standards do not permit me to communicate with clients via personal social media.