

Social Media and Electronic Information Policy

At MV Therapies, I prioritise the confidentiality and well-being of my clients. This policy outlines my approach to the use of social media and electronic information. If you have any questions, please do not hesitate to ask. Given the rapidly evolving nature of technology, this document may be updated regularly. The latest version will always be available on my website.

Friending

I do not accept friend or contact requests from current or former clients on any social networking sites. This policy helps maintain your confidentiality and preserve the boundaries of the therapeutic relationship. For instance, being connected on social media could inadvertently reveal our therapeutic relationship to others.

Following

My Instagram usage is limited and personal, not business-related. I advise clients not to follow my personal account. If I notice that you have followed me, we will discuss it during our next session. I do not follow clients on social media to avoid any potential confusion or boundary issues.

While you may follow my business social media account/s, please note that I do not respond to comments or direct messages on social media for security and confidentiality reasons.

Interacting

To protect your privacy, please avoid contacting me publicly on social media platforms (e.g., @replies or tagging). For scheduling and logistical matters, you may use WhatsApp or text messaging. However, please do not use these methods to discuss therapeutic issues, as they cannot be kept secure.

Use of Search Engines

I do not routinely search for clients on the internet. In rare situations, such as if you miss an appointment and I am concerned for your safety, I may use search engines to find information about you. Should this occur, I will inform you at our next meeting.

Business Review Sites

You may find my name on business review sites. I do not solicit reviews from clients and cannot respond to any reviews due to confidentiality. Be aware that reviews may not accurately reflect the views of my clients, as anyone can post on these sites.

Location-Based Services

If you use location-based services on your mobile device, please be aware that others might infer that you are a therapy client if you check in at my location.

Email

For logistical purposes, such as appointment reminders, email communication is acceptable. Due to the insecurity of email, I recommend not using it for therapeutic discussions. If you wish to engage in email therapy, please use a password-protected document for your communication. I can assist you in setting this up if needed.

Phone

Text messaging is preferred for scheduling and logistical communications, as it allows for more timely responses than phone calls, especially when I am in sessions with other clients. Please restrict phone or text communications to the hours between 8 AM and 6 PM.

Your privacy and the integrity of our therapeutic relationship are of utmost importance. Thank you for following these guidelines.