

Digital policy 2018

Email

Emails may be vulnerable to viruses or human error and, as such, I advise you to be thoughtful about what you share with me by email. ***It may be best to keep any confidential, sensitive personal information within the consulting room.***

I will usually send PDF invoices at the end of each month by email. If you prefer that I do not communicate with you via email, please let me know and I will give you paper copies of the relevant documents and invoices.

Text messages

Text is often the easiest and quickest way to communicate, and I may use this in rare circumstances if I need to cancel a session. This may also be the best way to let me know if you are unable to attend a session or you are running late. If you prefer me not to use text communication, please let me know.

The Internet and social media

I maintain a blog on my website through which I aim to share my thoughts and ideas relating to therapy and related topics, including the work and research of others which I deem relevant. I do not use real client material in my writing.

I maintain a twitter account in order to share my blog, ideas and articles, as well as to learn from current thinking and research in the field of psychotherapy and psychology. Boundaries and confidentiality are paramount and, as such, I will not knowingly follow or connect with any client or former client on this, or any other, social media platform.

Questions arising as a consequence of my online presence are best raised with me in the consulting room so that any issues can be thought about in the context of the work. This is important in order to protect the therapeutic nature of the work.

I will not search my clients on the Internet. If you would like to share anything with me, for example, a piece of writing or art work, this can be discussed and thought about in therapy to ensure your privacy and confidentiality is maintained.

I endeavour to keep myself updated on current thought and research into the impact of technology and the Internet on therapeutic work, and my engagement with technology and online activity may change as my thoughts and ideas develop.