



# INTEGRATED WELLNESS AND STRATEGIES, PLLC

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*Your path to healing and transformational growth...*

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## MEDIA POLICY

### SOCIAL MEDIA & TELECOMMUNICATIONS

You are welcome to utilize information from my business on various websites geared towards clients (ex: strategiesintegrated.com, Pinterest, Yelp, Psychology Today). However, due to the importance of your confidentiality and in order to minimize dual relationships, I do not accept friend or contact requests from current or former clients on any social networking site (ex: Facebook, LinkedIn, etc). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.

### ELECTRONIC COMMUNICATIONS

Be informed that any communication by e-mail, text message (e.g. "SMS") or other electronic methods, in their typical form, are not confidential means of communication. I cannot ensure the confidentiality of communication if e-mail or text message is used.

Specifically, if you use these methods to communicate with me, there is a reasonable chance that a third party may be able to intercept and eavesdrop on those messages. The kinds of parties that may intercept these messages include, but are not limited to:

- People in your home or other environments who can access your phone, computer, or other devices
- Your employer, if you use your work e-mail to communicate with me
- Third parties on the Internet such as server administrators

If you prefer to communicate via e-mail or text messaging for issues regarding scheduling or cancellations, I will comply, but I cannot ensure confidentiality. While I will try to return messages in a timely manner using these forms of communication, I cannot guarantee an immediate response. I request that you do *not* use these methods of communication to discuss therapeutic content and/or request assistance for emergencies. If you do so, I will not respond for confidentiality reasons.

If you believe you may want to receive e-mails or texts from me, or plan to e-mail or text me at any point - even though they may not be entirely confidential - please provide me with your e-mail and/or phone number below. By providing your e-mail and texting phone number you agree to correspondence with in this way. *Note: If I receive an e-mail or text from you but you have not provided your e-mail or texting phone number to me within this form, I will not respond to you via e-mail or text.*

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

By signing below, you agree that you have read, understand, and agreed to the above MEDIA POLICY. In addition, you will assume all of the foregoing risks and accept personal responsibility for confidentiality issues regarding electronic communications and recuse Amber W. Pearson, MA, LPC, Integrated Wellness and Strategies, PLLC and its staff from any liability if confidentiality is breached when these communications occur.

Client Name (printed)

Client Signature

Date

Copy provided to client.