

POLICY REGARDING E-MAIL, TEXTING ETC.

EMAIL

The best way to reach me between sessions is to call and leave a voicemail. My e-mail is not a secure medium. It is not encrypted. Both of these methods should be used only for administrative reasons, including but not limited to scheduling appointments. You may also ask me questions and I will respond and if needed schedule a time to speak on the telephone. Please do not include any personal health information in your e-mail to me (i.e. social security number or date of birth). Messages are generally return within 24 hrs.

TEXT

If you choose to text me, please be aware that this is also not a secure medium. If you choose to text me, please only use it to confirm an appointment, let me know if you are running late or to cancel your appointment.

While technology provides other ways for people to communicate, the relationship between a therapist and client is unique, and so these methods are not a viable way for us to interact. To this end, I do not accept friend requests on sites like Facebook or Linked In.

Thank you for your understanding.

Client Signature: _____

Date: _____

Therapist Signature: _____

Date: _____
