



# Hillary Schultz Therapy, LLC

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## Social Media Policy

This document outlines my office policies related to use of Social Media. Please read it to understand how I conduct myself on the Internet (email) and with mobile phone texting of SMS messages as a mental health professional and how you can expect me to respond to various interactions that may occur between us on the Internet and with mobile phone texting messages.

If you have any questions about anything within this document, I encourage you to bring them up when we meet. As new technology develops and the Internet changes, there may be times when I need to update this policy. If I do so, I will notify you in writing of any policy changes and make sure you have a copy of the updated policy.

### Friending

I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, Instagram, 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.

My reasoning is that I believe casual viewing of clients' online content outside of the therapy hour can create confusion in regard to whether it's being done as a part of your treatment or to satisfy my personal curiosity. In addition, viewing your online activities without your consent and without our explicit arrangement towards a specific purpose could potentially have a negative influence on our working relationship. If there are things from your online life that you wish to share with me, please bring them into our sessions where we can view and explore them together, during the therapy hour.

### Interacting

Please do not use messaging on Social Networking sites such as Twitter, Facebook, or LinkedIn to contact me. These sites are not secure and I may not read these messages in a timely fashion. Engaging with me this way could compromise your confidentiality. It may also create the possibility that these exchanges become a part of your legal medical record and will need to be documented and archived in your chart.

CLIENT NAME: \_\_\_\_\_

Intake Date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

If I see you in public, please know, I may not acknowledge you. This is, of course, not because I don't like you, but instead, to protect your confidentiality. If you chose to acknowledge me, of course I will briefly say hello, or waive, before moving on.

### Use of Search Engines

It is NOT a regular part of my practice to search for clients on Google, Facebook or other search engines. What you want me to know, you can tell me and/or show me during our sessions. Extremely rare exceptions may be made during times of crisis. If I have a reason to suspect that you are in danger and you have not been in touch with me via our usual means (coming to appointments, phone, or email) there might be an instance in which using a search engine (to find you, find someone close to you, or to check on your recent status updates) becomes necessary as part of ensuring your welfare. These are unusual situations and if I ever resort to such means, I will fully document it and discuss it with you when we next meet.

### Business Review Sites

You may find my counseling practice on sites such as Yelp, Healthgrades, Yahoo Local, Bing, or other places which list businesses. Some of these sites include forums in which users rate their providers and add reviews. Many of these sites comb search engines for business listings and automatically add listings regardless of whether the business has added itself to the site. If you should find my listing on any of these sites, please know that my listing is NOT a request for a testimonial, rating, or endorsement from you as my client. It is unethical for me to solicit testimonial from clients. I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you. You should also be aware that if you are using these sites to communicate indirectly with me about your feelings about our work, there is a good possibility that I may never see it. Some of the information on these sites are outdated and/or incorrect.

If we are working together, I hope that you will bring your feelings and reactions to our work directly into the therapy process. This can be an important part of therapy, even if you decide we are not a good fit. None of this is meant to keep you from sharing that you are in therapy with me wherever and with whomever you like. Confidentiality means that I cannot tell people that you are my client and my Ethics Code prohibits me from requesting testimonials. But you are more than welcome to tell anyone you wish that I'm your therapist or how you feel about the treatment I provided to you, in any form of your choosing.

### Location Based Service

If you used location-based services on your mobile phone, you may wish to be aware of the privacy issues related to using these services. I do not place my practice as a check-in location on various sites. However, if you have GPS tracking enabled on your device, it is possible that others may surmise that you are a therapy client due to regular check-ins at my office on a weekly basis. Please be aware of this

CLIENT NAME: \_\_\_\_\_

Intake Date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

risk if you are intentionally “checking in,” from my office or if you have a passive app enabled on your phone.

### Conclusion

Thank you for taking the time to review my Social Media Policy. If you have questions or concerns about any of these policies and procedures or regarding our potential interactions on the Internet, do bring them to my attention so that we can discuss them.

I have reviewed this policy and agree I will follow this Social Media Policy.

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Client signature

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Date

(Portions of policy adapted from © Keely Kolmes, Psy.D. – Social Media Policy – 4/26/10))

CLIENT NAME: \_\_\_\_\_

Intake Date: \_\_\_\_/\_\_\_\_/20\_\_\_\_