



Social Media Policy

Through the Trees Therapy utilizes social media to advertise, network, interact with other therapists, and provide education/entertainment surrounding mental health. Through the Trees Therapy is featured on LinkedIn, Facebook, and Instagram. As a client, you are more than welcome to engage within these forums and follow me! However, there are important factors to highlight prior to hitting the follow button. This way, I can make the social healing space as mentally safe as I can. As well as keep your confidentiality as my client(s) as intact as I can, knowing there are limitations in my ability to do so on in a public space. Here are some things to consider:

1. None of the information I provide will be related to specific interactions I've had with my clients in sessions. It will be general therapeutic information and/or general responses I've received from clients over time on a mental health topic.
2. Your confidentiality is very important to me. I cannot, however, guarantee it can be kept on a social media platform. If you are one of my clients, please air on the side of caution prior to commenting on public posts. For example, if I post something about a topic we addressed in session that I feel could be helpful to expand for a larger audience, and you comment on the post any detailed information, this could have the impact of others assuming and/or discovering I am seeing you individually. If this is a concern you have, I suggest using the forum only on a following basis.
3. I will treat social media like if we were in a public space! Just like in public, I will not break your confidentiality if I see you online. However, if you choose to address me as your therapist in the social media space-just like in public-you are more than welcome to do so! However, that choice will be entirely up to you.



4. If you need to contact me to reschedule an appointment, cancel an appointment, have a question, etc., please contact me via my email or phone number. I will not be using my social DM's as a way to communicate with current/future clients.
5. This social media healing space is not a crisis resource. If you feel like you are in a crisis situation, please call 911, call 988 for suicide and crisis, contact your state crisis hotline, or go to your nearest emergency room.

Thank you for understanding!

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