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Licensed Mental Health Counselor (LH60550709)

SOCIAL MEDIA PRIVACY POLICY

This document explains my policy with regard to Social Media. Please take time to read the following information to better understand any interactions that may take place between us online.

These policies are intended to protect your confidentiality and the confidentiality of our therapeutic relationship. Because we engage with one another more and more via internet, it is important to understand the ways in which your privacy may or may not be protected.

Occasionally I may make changes to the policies and/or this document. I fully intend to inform you in advance to the extent that I can, but please check back on this document or bring your questions to session should any arise.

MY ONLINE PRESENCE:

I will be regularly using a blog that is linked to my website as a way to educate and inform others about various topics such related to well-being and authentic living. As well, I will be utilizing Twitter and posting links on Pinterest through "Dr. Alysondra Duke."

It is your decision whether or not you would like to follow my blog, Twitter feed, or Pinterest board. I will be using social media to be able to provide empowerment and education to a wider community—and this may or may not be useful to you as well between the times we are able to meet. You may let me know if you are following any of these accounts online or I may be able to identify you if your name is easily recognizable. Please always feel free to discuss any concerns you may have about social media or something you find online about me.

Please know that even if you do decide to follow me, I will not follow you back. It is my full intent to keep our therapeutic relationship private and confidential. I honor you being able to maintain a private life outside of our relationship and do not want to obtain information about you that was not shared by you with me directly. You may want also want to consider ways in which you can make your use of Twitter or Pinterest private if you do choose to follow any of my links.

Additionally, I am not currently on Facebook, but you may or may not find we share "Friends" who may have a photo of me given Seattle and Capitol Hill's small communities. Please be sure to address any questions you may have in our session if you have concerns about any overlap in friendships or relationships. I would be happy to address this.

TEXTING:

If you choose to reach out to me via text once we are working together, please do not include any revealing private information. Text is not a secure medium and could compromise your privacy. You may use text for quick questions on scheduling, but please

plan to discuss significant issues with me during session. I will typically use texting as a means to reach you regarding last-minute changes to our appointments, checking in if you are not to your appointment on time, or for setting up a new appointment. Please notify me if this is not a way you wish to communicate.

EMAIL:

Email is not completely secure or confidential, so I will not write about anything you have disclosed in our session together. It is my preference to use email mainly for scheduling, financial arrangements, and to check in if I have not heard from you as expected. Please know that emails may become part of your legal file if the court would to request records.

REVIEW SITES:

There are a number of internet site like Yelp and Healthgrades that solicit reviews from clients and patients. These sites are not at all related to me or my practice, but populate fairly automatically when businesses have been established. You are under no obligation to answer any of the reviews you find or to offer any endorsement for my work.

At times you may have information about me you wish to share and, of course, you are free to express yourself as you would like. However, please know that posting on these sites may violate your confidentiality and potentially reveal that we work together. Finally, if there is something you would like to discuss or feedback you wish to offer, I would ask that you first provide you and I both with an opportunity to discuss this in person.