



Gage Counseling & Consulting, LLC

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This document outlines my office policies related to the use of social media. Please read it to understand how I conduct myself on the internet as a mental health professional and how you can expect me to respond to various interactions that may occur between us on the internet. It is important to communicate to you the importance of caution when using technology. You are important to me, so I want to do everything I can to protect your confidential information and preserve our client/therapist working relationship. *If you have any questions about this policy, I urge you to bring them up when we meet.* There may be times when I need to update this policy to keep up with rapidly changing technology. 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. **If you need to contact me between sessions, the best way to do so is by phone. Direct encrypted email is second best for quick, administrative issues such as changing appointment times.** See the email section below for more information regarding email addresses. I urge you to take your own privacy as seriously as I take my commitment of confidentiality to you.

Friending

I do not accept friend or contact requests from current or former clients on any social networking sites. I believe that connecting or interacting with clients on these sites can compromise your confidentiality and our personal privacy and blur the boundaries of our therapeutic relationship.

Following

Links to my professional social media accounts and blogs can be found on my website. They are listed as public so individuals are free to browse without being required to follow any of my accounts. In the case that I post on any of my professional social media accounts, I have no expectation that you as a client will want to follow my blog, Twitter, or Instagram. Whether or not you choose to follow my professional social media pages, I will not follow you back; I do not follow any current or former clients on social media. 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.

Communication

Please do not use mobile phone text messaging or messaging on social media sites to contact me. These sites are not secure, and I may not open these messages. Do not use any means of publically engaging with me online to preserve our working relationship and your confidentiality. These exchanges could become a part of your legal medical record and would need to be documented and archived in your chart. I prefer to use email only to arrange or modify appointments. Please do not email content related to your therapy sessions, as email is not reliably secure or confidential. If you choose to communicate with me via email, be aware that all emails are retained in the logs of your and my internet service providers and are available to be read by the system administrators of the internet service provider. You should also know that any emails I receive from you and any responses that I send to you become a part of your legal medical record. Encryption is ideal.

Search Engines

It is not a part of my practice to search for clients on Google or Facebook or other search engines. Extremely rare exceptions may be made during times of crisis, especially if there is concern for your welfare. If I ever resort to such means I will fully document it and discuss it with you when we meet, but I will try to utilize your emergency contact information first.