



Emily Duffy Therapy

Digital Policy

Social Media is forever growing and developing, so I will do my best to update and amend this document in accordance. As my client, I would recommend you read this document to understand what I will be doing to try and keep the boundaries from blurring in the 'online world'.

In an ideal situation, the counsellors personal life wouldn't enter the counselling relationship, unless certain disclosure is deemed to be beneficial to the client. However, in the world of Social Media, the boundaries aren't as straight forward anymore.

This document aims to address the ever changing online world and how this could have an impact on the counselling relationship and challenge the boundaries.

My social media activity:

I do have personal social media accounts. As mentioned in my contract, I will not accept or send any 'friend requests' via these accounts for any current or former client, to prevent any unprofessional blurring of boundaries. I also do not post about any client work on these accounts in line with the commitment to confidentiality I hold for my clients.

I take every necessary step to protect my social media presence and the security of my profile(s).

Due to the nature of Facebook, LinkedIn, and Instagram it may be that our paths cross due to mutual groups or pages. If this becomes apparent then we will discuss this in our next session. The most likely outcome of this will be that I block your profile to avoid any online interactions.

I do have a professional Facebook & Instagram pages (@emilyduffytherapy) which I am happy for clients to follow, though there is no expectation that you do. As above, I will never discuss any client content on this account, but I use these to talk about mental health and wellbeing in general. You are also welcome to engage with these pages by liking content or commenting; though do note the nature of your comments may limit your anonymity.

If you need to contact me for any reason I would prefer this to be done via phone or email rather than messaging via social media platforms.

Discord:

I am a member of a few discord servers for personal use. Due to the personal content and nature of discord, this can create a challenge to interpersonal boundaries and the therapeutic relationship if we were to find we were members of the same server. Discord is also limited in limiting interactions, and so as with other social media platforms mentioned above, if we were to cross paths this would need to be discussed in the next session to outline our boundaries of interactions.

Blog:

I do have a blog on my website which covers many different topics on mental health, wellbeing, identity, sexuality, relationships, gender etc. I share these posts on my personal and professional social media platforms; similarly to my professional pages mentioned above, you are welcome to follow, comment, like these posts but in doing so you may compromise your own confidentiality and so it is recommended to use the anonymous features/create an anonymous account where possible.

Search Engines (bing, google etc.):

It is seemingly becoming more common for web searches to be done on individuals, however, I do not search for any information about my clients through search engines as I wish for any information I have about my clients to come from them directly.

You are free to search for information about myself. I would suggest that if you are to do so and you find anything you wish to discuss, you bring this to our sessions.

Similarly, I will not follow any of your social media, blogs etc., so if there is something you would like to share with me, please do so in our sessions.

Advertising sites & directories (e.g. google+, yell, psychology today):

It is likely that you found me through some kind of directory or web search. Some of these directories may store your details so it is best to check their privacy policy directly if you are concerned.

Some of these sites like nextdoor, google+, yell.com etc. allow for clients to leave reviews. I do not ask my clients to do so, however if you would like to leave one please do consider your confidentiality and limitations of anonymity when doing so.

I do have testimonials on my website, so if you would like to write a testimonial after finishing your sessions with me, please let me know in our sessions. I will anonymise any testimonial before adding it to my website.

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