

Insight Psychological Services, PLLC

5212 E. 69th Place Tulsa, OK 74136

Electronic Communication Policy

This document has been developed to maintain clarity regarding the use of electronic modes of communication during your treatment. Many common modes of electronic communication can put your privacy at risk and are inconsistent with the law and standards of my profession. If you have any questions regarding this document, do not hesitate to discuss it with me.

Email Communications

I use email communication only with your permission and only for administrative purposes unless we have made another arrangement. This means that email exchanges with Insight Psychological Services should be limited to issues such as setting and changing appointments, billing matters, and other related issues. Please do not email me about clinical matters because email is not a secure way to contact me. It is advised that clinical matters are discussed in session or via telephone in the event that it cannot wait until our next session.

Text Messaging

Insight Psychological Services does not engage in text messaging as a form of communication with clients. This is because text messaging is an insecure and impersonal method of communication.

Social Media

I do not communicate with, or contact, any of my clients through social media, such as Facebook or Twitter. I use a variety of social networks, but not in a professional capacity. If you have an online presence, there is a possibility that you may encounter me by accident. If that occurs, please discuss it with me during our next session. I believe that communication with clients online has a high potential to compromise the therapeutic relationship. In addition, please do not attempt to contact me via social media. I will not respond and will terminate any online contact no matter how accidental.

Websites

I have a website that you are free to access. I use it for professional reasons to provide information to others about myself and Insight Psychological Services. You are welcome to access and review the information that I have on my website and, if you have questions about it, we should discuss this during your therapy sessions.

Web Searches

I will not use web searches to gather information about you without your permission. I believe this violates your privacy and can have a negative impact on the therapeutic relationship. However, I understand that you might choose to gather information about me in this way. If you encounter information about me in this way, or in any fashion for that matter, please discuss this with me during our sessions so we can deal with it and its potential impact on your treatment.