

**Rhiannon C. Beauregard, MA, LMFT-S, CST, S-PSB**  
**Licensed Marriage and Family Therapist**  
**AASECT Certified Sex Therapist**  
**NPI: 1588890255    EIN/TIN: 27-1313075**  
**ALL APPOINTMENTS ARE SCHEDULED IN CENTRAL STANDARD TIME**

## **Social Media and Internet Boundary Policies**

Since my therapy practice is mostly based online, there are some unique challenges that come up that are important to be aware of prior to starting treatment with me. Please read this document in order to understand the expectations of the client and the therapist while interacting online.

Interacting on social media and the Internet with clients can compromise your confidentiality, can blur the boundaries of our therapeutic and professional relationship, and can impact our working relationship. My primary concern is your privacy and engaging in social media with you could compromise your privacy without my knowledge.

If there are things from your online life that you would like to share with me, please bring them to our sessions. We can review and explore them together during our therapy time. Here are a few policies about social media and Internet boundaries that I would like you to review:

### *Friending*

I do not accept friend requests from current or former clients on any social media sites (including, but not limited to: Facebook, Twitter, Linked In, Snapchat, Instagram, Friendster, etc.)

### *Following*

If you use an easily recognizable name on Twitter or blog commentaries, and you decide you want to follow my professional stream of tweets or blogs, we may discuss this and its impact on our therapeutic relationship. If you choose to follow me, please note that I will not follow you back due to privacy concerns and appropriate professional boundaries.

### *“Googling” and Use of Search Engines*

It is not part of my regular practice to search for clients on the Internet using Google, Facebook, or other search engines. Extremely rare exceptions may be made during times of crisis (i.e.: if I have reason to believe that you are in danger and you have not been in touch with me via our usual means) or when I believe it helps accentuate the client-therapist relationship. Also, I ask that you do not search or “google” me beyond the information that you need to have to make a decision on whether I am the right the therapist for you. The internet has an unlimited amount of information about us as individuals and I ask that you respect my privacy and not do extensive searching on me or my personal matters.

### *Location-Based Services*

There are some privacy considerations if you are using location-based services on your mobile device. Keep in mind that using a location-based service on your mobile device (even if you are unaware of it being activated) could violate your confidentiality and privacy.

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*Review Sites*

You may find my practice on various review sites such as Yelp, Healthgrades, Google Business, Facebook, or other places that list businesses. Some of these sites have review options that allow users to rate their experience. According to Kolmes (2010), many of these sites comb search engines for business listings and automatically add listings regardless of whether the business has added itself to the site. If you should find my listing on any of these sites, please know that my listing is not a request for a testimonial, rating, review, etc. While you have the right to express yourself on any site you want to, due to confidentiality concerns, I cannot respond to any review on any of these sites whether it is positive or negative. Because of privacy concerns, it is also likely that I will never see these sites and I ask that you discuss with me your feelings and reviews of our work directly instead, as this can be an important part of our therapeutic relationship. If you do have serious concerns regarding our time together, please feel free to contact your states' licensing boards (their contact information can be found in the "New Client Information Packet: Informed Consent").

*Communication*

Please use email or the secure messaging system through [www.therapyappointment.com](http://www.therapyappointment.com) to communicate with me on the Internet and send attachments to the [Rhiannon@SexTherapy-Online.com](mailto:Rhiannon@SexTherapy-Online.com) email. You may feel free at any time to call me as well. Automated text messages and/or emails may be sent to you regarding appointment times if you signed up for this service and may come at odd hours. You can also feel free to text me regarding scheduling. Any texts you send me will be part of your medical record. Please note that I may not respond to emails, texts, and voicemails immediately if they are not an emergency. Also, please be mindful and do not text or call past 9 pm CT, unless it is an emergency.

*Appropriate Boundaries*

Utilizing the Internet as a way to communicate can often arise some boundary issues that are not present in traditional face-to-face therapeutic relationships. Clients often feel free to express themselves in more open and deeper ways in a distance therapy situation. Clients can utilize telephone, chat, and video conferencing sessions in order to express more intimate and complex thoughts, feelings, and behaviors. Because inappropriate and compulsive behavior on the Internet is often one of the issues clients struggle with in their regular life, it can often be an issue within the therapeutic relationship. Please keep in mind that all emails and texts will be part of the clients' medical record and any inappropriate communication will be documented and addressed by the therapist in session.

These policies have been developed in order to protect your privacy and keep our therapeutic and professional relationship confidential.

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Please feel free to bring up any questions or concerns you have regarding the information found in this document when we have a session. As new technology, apps, programs, and resources develop and as the Internet changes, it may be necessary for this document to be updated. If this document is updated, I will notify you and send you a copy of the updated policy.

This document was adapted Dr. Keely Kolmes "My Private Practice Social Media Policy" document.