



BALTIMORE THRIVES, LLC
Electronic Communications Policy

In order to maintain clarity regarding our use of electronic modes of communication during treatment, I have prepared the following policies. I recognize that the use of various forms of electronic communication are commonplace and routinely used in both personal and professional contexts. However, many of the common electronic modes of communication put your confidentiality at risk and can be at odds with the laws and standards of my profession. Consequently, this policy has been prepared to assure the security and confidentiality of your treatment, to be aligned with clinical standards of care, and to assure consistency with the ethics and laws pertaining to the practice of psychology. If you have any questions or concerns about any of the policies described below, please discuss these with me.

Email Communications

I use email communication and text messaging only with your permission and only for administrative purposes unless we have made other another agreement. Therefore, email exchanges and text messages with my office should be limited to topics such as scheduling and rescheduling appointments, billing matters and other related affairs. It would not be appropriate to email me regarding clinical issues for a variety of reasons, including the lack of security inherent in this mode of communication. Clinical matters should be discussed primarily face to face during sessions. However, telephone communication regarding clinical matters is also an option. Face to face communication is the most secure and clinically effective means for talking.

Text Messaging

Text messaging is an unsecure and impersonal mode of communication. For this reason, it is generally avoided with clients. I will not send text messages or respond to text messages from anyone in treatment unless we have made other arrangements due to special circumstances.

Social Media

I do not communicate with, or contact any of my clients through social media platforms such as Facebook and Twitter. If I discover that I have accidentally made online contact with you, I will discontinue the contact immediately. As communications with clients online has the potential to compromise the psychotherapeutic relationship, it is important that these be avoided.