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**Social Media Policy**

This document outlines my policies related to the use of Social Media. Please read it to understand how I conduct myself on the Internet as a counsellor and how you can expect me to respond to various interactions that may occur between us on the Internet. If you have any questions about anything within this document, please bring them up when we meet.

**Facebook**

 I do not accept friend or contact requests from current or former clients on any social networking site (Facebook, LinkedIn, etc). I believe that adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.

**Facebook Page**

 I keep a Facebook Page for my professional practice to allow people to share my blog posts and practice updates with other Facebook users. All of the information shared on this page is available on my website. You are welcome to view my Facebook Page and read or share articles posted there, but please be aware that becoming a Fan of this page as a client can compromise your confidentiality.

**Twitter and blog**

I do not publish on Twitter. I do not follow current or former clients on blogs or on Twitter. My reasoning is that I believe casual viewing of your online activities without your consent and without a specific purpose could potentially have a negative influence on our working relationship. For the same reason, I do not search for clients on Google or Facebook or other search engines. 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.

**Interacting**

Please do not contact me via messaging on Social Networking sites such as Twitter, Facebook, or LinkedIn. These sites are not secure and I may not read these messages in a timely fashion. In addition, engaging with me publicly online could compromise your confidentiality. If you need to contact me between sessions, for example to rearrange an appointment, the best way to do so is by phone or by email.

If you have an concerns about any of the above, please feel free to raise them in your counselling session.

Many thanks for your understanding.

Jan