

Social Media Policy

In addition to my counselling practice, I work to promote psychodynamic and psychoanalytic thinking in the wider public domain through the medium of social media. This may be to highlight studies, articles, conferences or events and to raise awareness about organisations working psychotherapeutically outside the counselling room, such as with horses, gardening or through visual and performance arts.

As part of this work, I utilise various online resources which enable me to reach a broad swathe of people with whom I can share and exchange findings, hopefully to be made useful in all our lives. Also, as a writer, these may comprise part of my research for articles or papers, perhaps eventually a new book.

I see this aspect of my work as related to, yet completely separate from my clinical work, which I hold to be sacrosanct.

Confidentiality:

My duty of care to my clients and my professional commitment to confidentiality means that **I never talk about my clinical work in these public spheres**. As my client, you will receive a contract covering all areas of my confidentiality with you at your first appointment, a contract I take most seriously.

Keeping Boundaries:

Despite my online presence, I will not knowingly “follow” any current or former client on Twitter and would advise against any current or former client from following me. Likewise, while I maintain Facebook and Linked-In accounts for professional reasons, it would not be appropriate to be Facebook “friends” with a former or current client or for me to add or accept a current or former client as a “connection” on Linked-In.

With regard to our therapeutic work, once outside the ‘consulting room’, I would ask that we use email and text communications **only to rearrange sessions** if necessary, unless for any other matter previously agreed.

Adela Stockton 2014

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