



Red Deer Sleep and Health Psychology
236 3rd Avenue North
Franklin, TN 37064
931-219-9778

Social Media and Technology Policy

This document outlines the Social Media and Technology policies of Red Deer Sleep and Health Psychology, PLLC (hereafter Red Deer). Please review and sign this form to assure your understanding of the way these policies effect your interaction with your psychologist.

1. **Separate Accounts:** Red Deer Sleep and Health Psychology has a business Facebook page. If you choose to follow our business Facebook page or other social media site, there may be privacy risks for you involved.
2. **Email:** Please use email to contact your psychologist for administrative reasons only (modifying appointments, billing information, etc.) Please do not email content related to psychotherapy sessions, or issues going on in the client's life that are best addressed in the therapy appointment. Email communication is not HIPAA compliant and therefore any communications over email are not secure or confidential. Your psychologist can receive information from you but cannot communicate back to you regarding anything relating to the psychotherapy work you are doing. Any emails received become a part of the clinical record.
3. **Text Messages:** It is Red Deer's practice policy to not communicate with clients via texting. The best way to contact Red Deer psychologists through secure email (see above) or by phone call (see below).
4. **Phone calls:** You may call your Red Deer psychologist at the number listed on my website and business card for matters that can be handled in a brief amount of time (e.g., to let them know that you are running late to a session); Red Deer psychologists do not conduct therapy sessions via phone call. Also, be aware that Red Deer psychologists may not be available at the time you call. Red Deer voicemail is confidential but please remember that your psychologist does not necessarily check his or her voicemail frequently during the day and that the limits of confidentiality described on Red Deer's practice website apply to any message you may leave.



5. **Friending/Following:** Psychologists at Red Deer will not follow or contact any former or current clients on any social networking site (Facebook, LinkedIn, Twitter, blogs, or other apps/websites). Adding clients as friends on these sites can compromise your confidentiality and the therapeutic relationship. As such, friend requests initiated by former or current clients are not accepted. If there is content you wish to share from your online life, please bring it into sessions where it can be explored with your psychologist.

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