

SHELIA D. DUNCAN, LCSW-C SOCIAL MEDIA POLICY

Friending

Due to the importance of your confidentiality and the importance of minimizing dual relationships, Shelia D. Duncan, LCSW-C and Shelia D. Duncan Wheeler, your therapist does not accept friend or contact requests from current or former clients on any social networking site (Facebook, Twitter, Instagram, TikTok, LinkedIn, etc).

We 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.

Liking/Following

You are welcome and free to “like” or “follow” our social media feeds and read or share articles we post; however, because social media sites are public spaces, anyone can see our social media pages, see your post or comments.

In addition, when you post, comment, or “like” a page, it will be published on your page as well. Our primary concern is your privacy.

In order to maintain ethical boundaries, psychotherapists are not permitted to follow you back. We believe casual viewing of clients’ online content outside of the therapy hour can create confusion in regard to whether it’s being done as a part of your treatment or to satisfy curiosity.

In addition, viewing your online activities without your consent and without our explicit arrangement towards a specific purpose could potentially have a negative influence on the therapeutic relationship.

If there are things from your online life that you wish to share with your therapist, please discuss it in your therapy sessions.

You are welcome to use your own discretion in choosing whether to follow our policy.

EFFECTIVE DATE OF THIS POLICY 10-21-23