

**Blakely Patterson, LMFT**  
**2021 21st Avenue South, Suite #426**  
**Nashville, TN 37212**  
**615-631-4279**

## **Electronic Communications Policy**

In order to maintain clarity regarding our use of electronic modes of communication during your treatment, I have prepared the following policy. This is because the use of various types of electronic communications is common in our society, and many individuals believe this is the preferred method of communication with others, whether their relationships are social or professional. Many of these common modes of communication, however, put your privacy at risk and can be inconsistent with the law and with the standards of my profession. Consequently, this policy has been prepared to assure the security and confidentiality of your treatment and to assure that it is consistent with ethics and the law.

If you have any questions about this policy, please feel free to discuss this with me.

### **EMAIL COMMUNICATIONS**

I prefer to not use email as a method of communicating with my clients. I make rare exceptions for this that I would be happy to discuss with you. Please do not email me about clinical matters because email is not a secure way to contact me. If you need to discuss a clinical matter with me, please feel free to call me so we can discuss it on the phone or wait so we can discuss it during your therapy session. The telephone or face-to-face context simply is much more secure as a mode of communication.

### **TEXT MESSAGING**

Because text messaging is a very unsecure and impersonal mode of communication, I try to avoid it. I do understand that it is a convenient way to schedule appointments, and will make exceptions for this purpose. Please do not text me about personal and confidential matters.

### **SOCIAL MEDIA**

I do not communicate with, or contact, any of my clients through social media platforms like Twitter and Facebook. This is because these types of casual social contacts can create significant security risks for you.

I believe that any communications with clients online have a high potential to compromise the professional relationship. In addition, please do not try to contact me in this way.

### **WEBSITES**

I have a website that you are free to access. I use it for professional reasons to provide information to others about me and my practice. You are welcome to access and review the information that I have on my website and, if you have questions about it, we should discuss this during your therapy sessions.

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### **WEB SEARCHES**

I will not use web searches to gather information about you without your permission. I believe that this violates your privacy rights; however, I understand that you might choose to gather information about me in this way. In this day and age there is an incredible amount of information available about individuals on the Internet, much of which may actually be known to that person and some of which may be inaccurate or unknown. If you encounter any information about me through web searches, or in any other fashion for that matter, please discuss this with me during our time together so that we can deal with it and its potential impact on your treatment.

Recently it has become fashionable for clients to review their health care provider on various websites. Unfortunately, mental health professionals cannot respond to such comments and related errors because of confidentiality restrictions. If you encounter such reviews of me, or any professional with whom you are working, please share it with me so we can discuss it and its potential impact on your therapy.

Please initial here that you understand these policies \_\_\_\_\_