

## **Dr. Natalia Kaczmarek**

### **Social Media Policy**

This document outlines my office policies related to social media. Please read it to understand how I engage in the internet community as a mental health professional. Please bring any questions about this policy to my attention so can have a discussion about your thoughts and concerns.

#### **Friending and Following**

I do not accept friend, follow, or contact requests on any social networking site because it can compromise your confidentiality and our mutual privacy. It also can blur the boundaries of our therapeutic relationship.

I keep an Instagram page and LinkedIn page for my professional practice to allow people to share my posts and practice updates. You are welcome to view my Instagram page, and due to the fact it is a public profile, I encourage you to use your own discretion on whether or not to follow me on this platform. My priority is to maintain your right to privacy and having your name appear on the followers list may compromise your confidentiality. Please note that I will not follow you back on any social networking site as it may have a negative effect on our working therapeutic alliance.

#### **Interacting**

Please do not use any social media platform such as Instagram, Facebook, or LinkedIn to contact me. These sites are not secure and I may not read messages in a timely fashion. In addition, please do not add comments, likes, or @replies on any of my public content as this may also compromise privacy and the therapeutic relationship. If you need to contact me between sessions, please call me at (312) 870 – 0120 or email me at [drnatalia.psyd@gmail.com](mailto:drnatalia.psyd@gmail.com).

#### **Email**

Email is not completely secure, thus, I prefer discussing confidential information over the telephone or in-person. Email is best used for discussing availability, scheduling, and sharing resources.