



Social Media & Online Communication Policy

Harmony Roots Therapy, PLLC

Purpose of This Policy

The purpose of this policy is to protect your privacy, maintain appropriate therapeutic boundaries, and ensure the integrity of the therapeutic relationship. While technology and social media can be valuable tools for connection and education, they also create unique challenges in a therapeutic context.

Social Media Boundaries

To safeguard your confidentiality and to avoid dual relationships, I do not accept friend requests, follows, or connections from current or former clients on social networking platforms. This includes, but is not limited to, Facebook, Instagram, TikTok, X (formerly Twitter), LinkedIn, Snapchat, or similar platforms.

Engaging with clients on social media—even passively—can compromise confidentiality and blur professional boundaries. This policy is not a reflection of the therapeutic relationship or the value I place on our work together.

Interactions on Public Platforms

If you choose to follow or interact with my professional content on public platforms, please understand:

- I will not follow you back or engage in direct interaction.



- I will not respond to comments or messages that reference your therapy or therapeutic relationship.
- Any interaction on public platforms is not confidential and should not be used to communicate therapeutic concerns.

Direct Messaging and Therapeutic Content

I do not provide therapy, crisis support, or clinical guidance through social media platforms or public comment sections.

Please use the secure client portal, phone, or email (as outlined in your informed consent) for administrative communication such as scheduling or billing. Therapeutic matters should be discussed only during scheduled sessions.

Online Searches and Digital Presence

As part of ethical practice, I generally do not conduct online searches about clients. However, in rare circumstances, such as concerns related to safety, mandated reporting obligations, or emergencies, I may conduct limited searches to ensure client safety. When possible and appropriate, this will be discussed openly.

Tagging, Reviews, and Testimonials

Please do not tag me in posts, photos, or location check-ins related to therapy. To protect your privacy, I do not solicit or respond to online reviews or testimonials from clients. If you come across my practice online, you are welcome to view information silently without engagement.

Questions or Concerns



If you have questions about this policy or how it applies to your situation, I encourage you to bring them into session. I am always open to discussing boundaries and ensuring clarity, safety, and comfort in our work together.