

## **ELECTRONIC COMMUNICATIONS POLICY**

**It is my policy to ask your permission for communications on cell phones, computers, iPads and text messaging. Boundaries on all electronic equipment is necessary for a productive relationship with me, as your therapist. I will contact you on any of these devices so long as you have given your consent. However, contacting me by text , without my consent, *is not condoned or supported.* I will ask that you respect my request that texts be kept very brief and concern only the scheduling or rescheduling of appointments. Any texting beyond these limits will be treated as an therapeutic issue.**

**I will accept more lengthy emails . However, I prefer that my responses to your emails be conducted in a face to face manner. I will email you just to acknowledge receipt of your correspondence and to encourage you to bring this in to the next available session.**

**I discourage any communication by fax. It is very risky to maintain confidentiality when using a fax. I prefer scanning any document and then emailing it in PDF form.**

**Please sign below to acknowledge that these policies have been discussed and that you agree to adhere to these policies. Thank you.**