

Sterlingworth Center
Mary Blair Dellinger, LPC, BCN
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Policy for Electronic Communications

In order to maintain clarity regarding my use of electronic modes of communication with clients, I have prepared the following policy. Many of these common modes of communication put your privacy at risk and can be inconsistent with the law and with the standards of professional practice. As your mental health provider, I retain the right to make specific exceptions to this policy as determined on a case to case basis with individual clients. If you have any questions about this policy, please feel free to discuss this with me.

Email Communications and Text Messaging

Mary Blair Dellinger will not initiate communication using email, except with client permission for administrative purposes (scheduling and changing appointments, billing matter, etc.) I will only use email communication and text messaging with your verbal permission and only for administrative purposes unless we have made another agreement. Do not use PHI (personal health information such as name, date of birth, etc.) when using electronic communication, because access to electronic information is not assumed to be protected or private. Please do not use email or texting for treatment-related issues.

Social Media

Mary Blair Dellinger does not communicate with, or contact, any clients through social media platforms like Twitter and Facebook. In addition, electronic relationship status will be cancelled if I discover that an online relationship has been accidentally established. This is because these types of casual social contacts can create significant security risks for you. If you have an online presence, there is a possibility that you may encounter me by accident. If that occurs, please discuss it during the next scheduled session.

Websites

I have a website that you are free to access (www.upstateneurotherapy.com). It is used for professional reasons to provide information to others about my practice. You are welcome to access and review the information that you find on the website and, if you have questions about it, please discuss this during your therapy sessions.

Web Searches

Your clinician will not use web searches to gather information about you without your permission, because this constitutes a violation of your privacy rights. If you encounter any information about your clinician through web searches, reviews, or in any other fashion, please discuss this during your next session as it may potentially impact your treatment.

Other Providers and Individuals

If other providers or individuals contact me about you by means of electronic communication (email, texting, etc.) I will not respond without discussing with you first and getting your consent. If you anticipate this, please complete a written authorization today.

Please sign below if you understand this policy regarding electronic communications:

Client Signature

Date