

Authentically Living Psychological Services, PLLC

The practice has professional social media pages. The intention for using social media is for marketing, education, advocacy, leadership, product recommendations, and providing content in a technologically changing field.

The practice's social media presence is not defined as a therapeutic relationship. Ethical, profession, and therapeutic boundaries must be followed and honored.

The practice's social media pages are not psychotherapy, or a replacement for mental health and medical care. A social media presence is not seeking an endorsement, request, or rating from past or current clients. No social media posts should be considered professional advice. The information contained in posts is general information for educational purposes only.

Past and current clients risk breaching their privacy and confidentiality by following, liking, re-posting, commenting, and engaging on the practice's social media platforms.

To honor professional boundaries, ethical nuances, and not engage in and prevent any potential form of dual relationship, the practice will not follow or friend past or current clients on social media platforms. You are welcome to follow the practice's professional accounts, but the practice will not follow back. Please understand you risk breaking your own confidentiality by engaging with our social media accounts. "Direct Messaging" is another risk to your privacy. Social media is not an appropriate medium for sharing therapeutic concerns, questions, comments, or reaching out in crisis to your therapist. Comments and DMs are monitored by staff and are not confidential. If you decide to unfollow our accounts, there will be no negative repercussions.

If there is content on our social media that you think would be helpful for your therapist to know, please share with your therapist directly during session.

The practice nor its employees will solicit any clients to follow or engage with our accounts on social media. Any product recommendation, advertisement, or affiliate marketing is outside of the scope of our therapy practice Authentically Living Psychological Services, PLLC. The practice will disclose when compensation as an affiliate or advertiser is received.

Please consult your physical or mental health provider regarding mental health support.

If you are suicidal, please call your local emergency service.