



Dr. Swati Varma, LLC

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 we can discuss 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 a LinkedIn page for my professional practice to allow people to share my posts and practice updates. 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 312.380.9532 or email me at drswati.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.

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