



Social Media and Technology Policy

*This document outlines the social media and technology policies of Orenstein Solutions (OS).
Please read it to understand how you can expect to interact with OS through the Internet.*

FRIENDING ON SOCIAL NETWORKING SITES

We strive to keep the therapeutic relationship boundaries clear, while also protecting your confidentiality. For that reason, we do not accept friend requests from current or previous clients on social networking sites (Facebook, Twitter, YouTube, etc.) from our personal account.

Orenstein Solutions' Facebook page, Twitter, and YouTube account are for sharing blog posts, videos and practice updates. Orenstein Solutions' social media pages and profiles do not solicit and will not solicit testimonials from our clients. Information posted on our social media sites is also available via www.orensteinsolutions.com and therefore "friending" or becoming a fan is not necessary.

Clients may choose to follow or not follow the postings of Orenstein Solutions' social media sites. We will not follow or view client's personal online social networking activities as we believe it can negatively interfere with the therapeutic relationship. If there are things from your online life that you wish to share with your therapist, please bring those to session with you where they can be shared and explored together.

INTERACTING

Should you need help immediately, please contact us directly at (919) 428-2766. Please DO NOT contact OS or its employees via Chat or messaging on sites such as Facebook, LinkedIn or Twitter, since these methods are not secure. If contact is required between sessions, please do so by telephone or email. Please keep in mind that email should be used mostly for administrative items such as changing or confirming appointment times.

EMAIL

OS prefers using email for mostly administrative purposes i.e. changing appointment times, contacting the office to request an appointment, or confirm appointment times. Orenstein Solutions and the client should recognize that email is not completely secure or confidential. If you chose to communicate via email, be aware that emails are retained in the logs of Internet service providers. While it is unlikely that someone will be looking at these logs, they are in theory available to be read by the system administrator(s) of the Internet service provider. Please be aware that any emails received from you and any responses sent to you become part of your legal record.

NEWSLETTERS

OS shares a digital newsletter via email with those parties interested in receiving the communication. Clients reserve the right to subscribe or unsubscribe to the email as they see fit. OS and its employees do not track who is receiving or not receiving the newsletter. OS does not share email or personal information with third parties. It may use emails to notify its subscribers of upcoming events, classes or groups. If you would like to opt out of being notified via newsletter simply unsubscribe at the top of each newsletter or contact us directly.

CONCLUSION

Thank you for taking the time to review our Social Media Policy. If you have questions or concerns about any of these policies and procedures or regarding our potential interactions on the Internet, do bring them to our attention so we can discuss them by email or phone 919.428.2766.