



Thoughts on Electronic Communication and our work

In an effort to be clear about the use of electronic modes of communication during our work together, I have prepared the following – it's a work in progress and a means for further discussion if need be. Many modes of communication these days put privacy at risk and can be inconsistent with the ethics and professional standards of my profession. My priority here is to assure the security and confidentiality of our work.

Email & Text Communications

I use emails and text messaging only with your permission (which may be implicit by you contacting me either way), and only for administrative purposes unless we have made another agreement. This means that email and text exchanges should be limited to things like changing appointments, lateness, fees and other related issues. Please do not email or text me about clinical matters because neither methods are 100% secure. Please call me instead so we can talk, or wait so we can discuss it during your therapy session. The telephone or face-to-face context is a much more secure as a mode of communication, and I will always encourage a face-to-face meeting.

Social Media

I do not communicate with, or contact, any of my clients through social media platforms like Twitter and or LinkedIn (I have no Facebook account). If I accidentally establish an online relationship with you, I will 'un-do' it, and in the unlikely event that you stumble across me by accident online, please discuss it with me during our time together. In addition, please do not try to contact me directly in this way - I won't respond.

I believe that any communications with clients online have the potential to compromise the professional relationship, and can create privacy risks for you too.

Twitter & Blog

I publish a blog on my website and I post on Twitter (@JBueno_UKCP). If you ask to follow me at @JBueno_UKCP, I probably won't accept. If there are things from your online life that you want to share with me, please bring them into our sessions where we can view and explore them together.

Website

I have a website for professional reasons to provide information to others about me and my practice (and the same applies to my presence on other websites). If you have questions about it, I hope to talk about them in our sessions.

Web Searches

I will not use web searches to gather information about you. I understand you may search about me in this way. If you do find any information about me through web searches, or in any other way too, I encourage you to discuss this with me so that we can discuss any potential impact this may have on our work together.