

The Mind Bridge Therapy Ltd.

Social Media Policy



Blogs and Social Media Posts

The Mind Bridge Therapy Ltd. may participate on various social networks for marketing purposes. Articles, blogs and social media posts by The Mind Bridge Therapy Ltd. (for example on Instagram and TikTok) does not constitute advice.

"Friending"

I do not accept invitations from current or former clients to participate in their online social networks, nor do I invite clients to participate in my own personal online social networks (e.g., Facebook, Twitter). The practice of adding clients as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of the therapeutic relationship. If you need to contact me between sessions, please email, phone or text.

If I discover that I have accidentally established an online relationship with you, I shall 'unfriend' or remove that relationship, so as to maintain my own professional distance as a therapist, protect our professional relationship, and protect your privacy and confidentiality.

"Following"

The Mind Bridge Therapy Ltd. at times posts articles related to wellness and psychology on the website, or on social media platforms. I have no expectation that you as a client will follow these posts. You are welcome to use your own discretion in choosing whether to follow The Mind Bridge Therapy Ltd. posts.

I do not follow current or former clients on blogs or social media. If there are things from your online life that you wish to share with me, please bring them into your session where we can view and explore them together, during the therapy hour.



Interacting

I only respond to calls and texts at set times and only during my work hours between (10AM and 8PM), however my phone shall go to voicemail as standard. You are also welcome to contact me through my email address hello@themindbridge.co.uk.

Please do not use messaging on social media or networking platforms such as YouTube, Twitter, Facebook, LinkedIn, Instagram, Pinterest, etc. to contact me, as these public websites can compromise your privacy and confidentiality. These sites are not secure, and the messages may not be read in a timely fashion.

Business Review Sites

You may find The Mind Bridge Therapy Ltd. on sites such as Yelp, Google, Yahoo Local, Bing, or other places which list businesses. Some of these sites include forums in which users rate their providers and add reviews. Many of these sites comb search engines for business listings and automatically add listings regardless of whether the business has added itself to the site.

You have a right to express yourself on any site you wish. Please note that by posting publicly you may inadvertently expose your private information. When using review sites there is a good possibility that I may never see it, so if you would like to give me feedback or communicate your feelings about our work, I would welcome you to do so directly or via email to hello@themindbridge.co.uk.

Location-Based Services

If you used location-based services on your mobile phone, you may wish to be aware of the privacy issues related to using these services. The Mind Bridge Therapy Ltd. is not placed as a check-in location on sites such as Facebook, Google Maps, Apple Maps etc. However, if you have GPS tracking enabled on your device, it is possible that others may conclude that you are a therapy client due to your location.

Updates to this policy

As new technology develops and the Internet changes, there may be times when The Mind Bridge Therapy Ltd. may update this policy. The most up to date copy of this policy will be available to download from www.themindbridge.co.uk

