



Social Media Policy – Nikita Therapy

Overview

Nikita Therapy (@NikitaTherapy) is active across social media platforms including Instagram, Facebook, TikTok and YouTube. These spaces are used to share general mental health information, reflections, and aspects of my professional work.

Following & Interaction

To maintain clear professional boundaries:

- I do not follow clients or former clients on social media
- I will not accept friend or follow requests from personal accounts
- I keep social media interactions with clients minimal and will not engage in ongoing conversations or therapeutic discussions via comments or direct messages

Confidentiality

If you choose to follow or interact with Nikita Therapy content, please be aware that:

- Any interaction (likes, comments, shares) may be visible to others
- I will not acknowledge you as a client publicly or privately on these platforms

Your confidentiality will always be protected.

Direct Messaging

Social media messaging is not used for therapeutic support.

If you contact me via direct message:

- I may not respond
- Or I may redirect you to appropriate contact methods (email or booking enquiry)

For anything relating to therapy, please use official contact channels.

Nature of Content

Content shared across Nikita Therapy platforms is for general information, education, and reflection.

- It is not a substitute for therapy
- It may not be relevant to your personal circumstances
- It should not be taken as individual therapeutic advice

If something resonates with you, this can be explored within sessions.

Personal Content & Self-Disclosure

Social media may include glimpses of my personality, environment, or aspects of my life (for example, my home setting, interests, or day-to-day moments).

This is different from the therapeutic space, where the focus remains on you.

Please be aware that:

- What you see online may shape how you view me
- This may feel different to the more contained nature of our sessions

If anything you see online impacts your experience of our work together, you are welcome to bring this into the therapy space.

Your Choice

You are free to follow or not follow Nikita Therapy social media accounts.

Some clients prefer not to engage with therapist content outside of sessions, and others find it supportive. There is no expectation either way.