



**Professional Boundaries:
A recovery-based approach**

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**Building relationships
that support recovery**



2

Poll

In general, if an individual you work with asks about your religion or spiritual practice (or lack thereof), is it OK to share that information?



3

Poll


You are driving your kid to piano lessons in a bad rainstorm and see a person you work with soaked and trying to make it home. Is it OK to offer the person a ride?



4

Poll

You're concerned about someone you are working with and haven't been able to reach them. Is it ok to check their Facebook page, or Google them?



5



*Thanks, but I
can't accept the
gift.
It's against
company policy.*

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Survey of responses

Are you married?
Why didn't you come in on Monday?
Where are you going on your vacation?
Do you have a boyfriend?

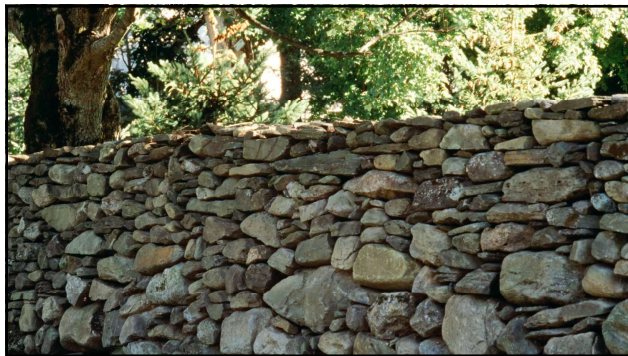
I saw on the internet that you were at the anti-abortion rally

Do you see a ring on my finger?
That's not your business.
That's not appropriate for you to know.
There are certain things you need to know about me and certain things you don't.
That's a boundary violation. Let's talk about how you came across that information.

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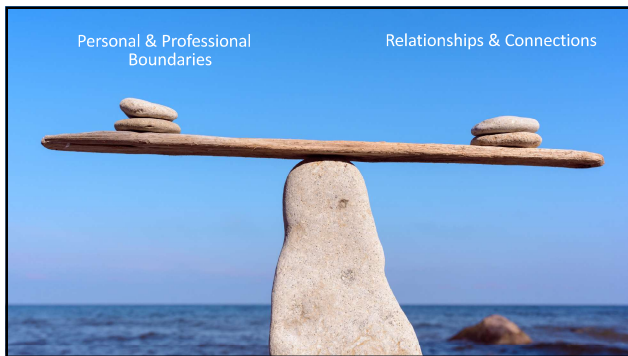


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Professional Boundaries

- ✓ Consistent
- ✓ Flexible
- ✓ Co-created

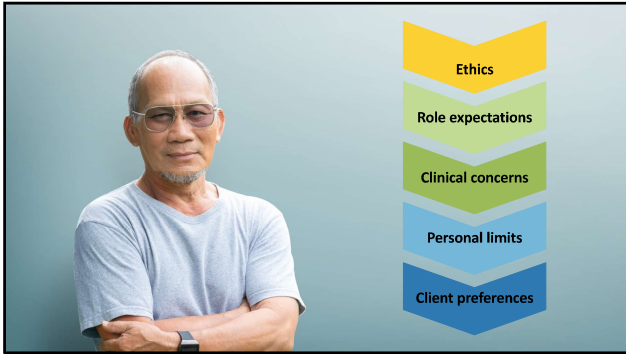
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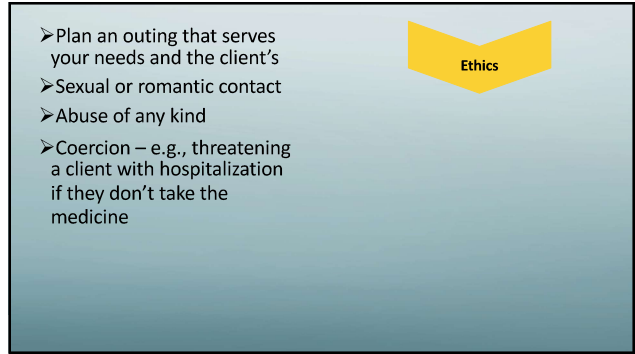
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Have you ever taken psych meds?

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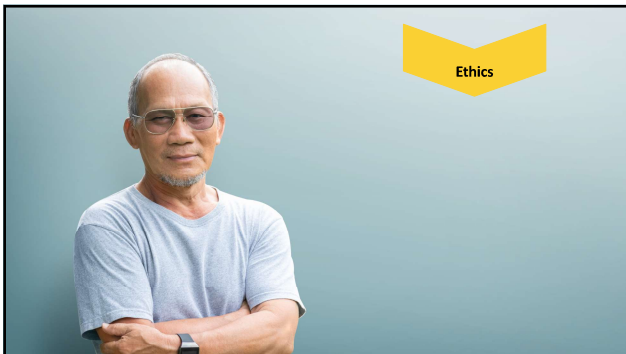


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- Plan an outing that serves your needs and the client's
- Sexual or romantic contact
- Abuse of any kind
- Coercion – e.g., threatening a client with hospitalization if they don't take the medicine

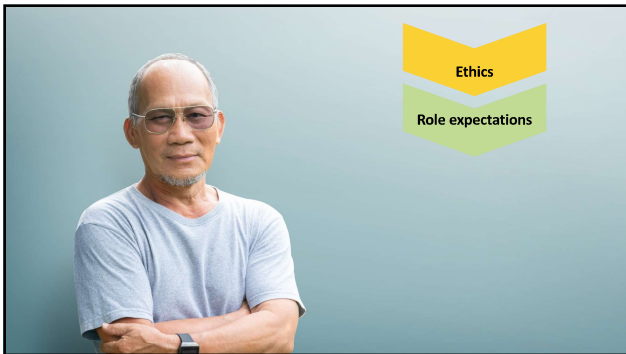


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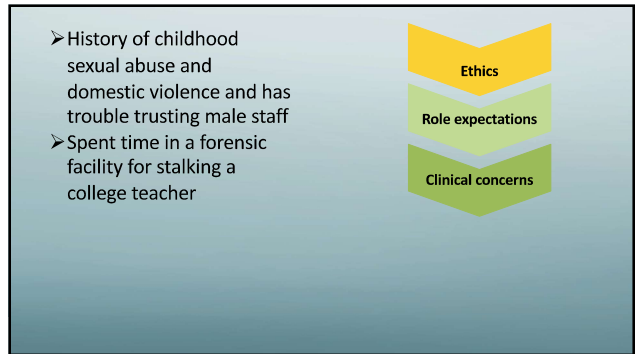


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- Sexual, drug/alcohol or criminal exploits
- "Secrets" or gossiping
- Information compromising another's PHI
- Ego driven disclosure

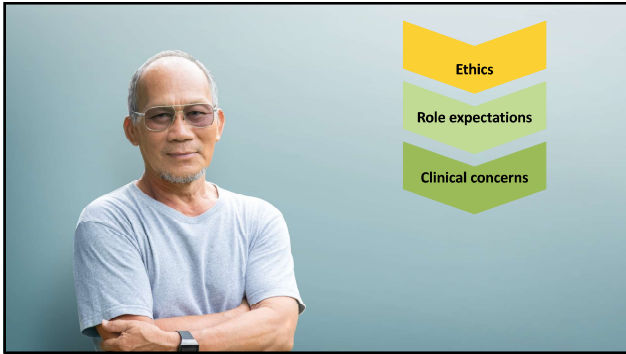


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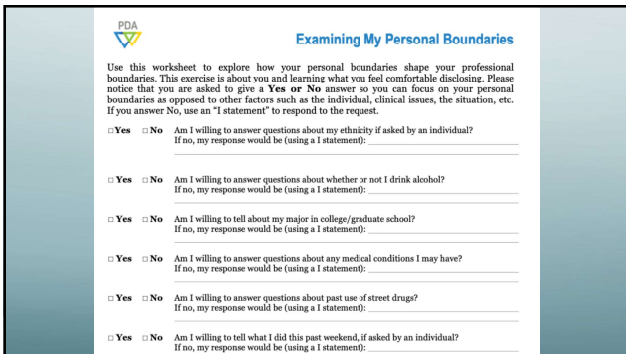
- History of childhood sexual abuse and domestic violence and has trouble trusting male staff
- Spent time in a forensic facility for stalking a college teacher



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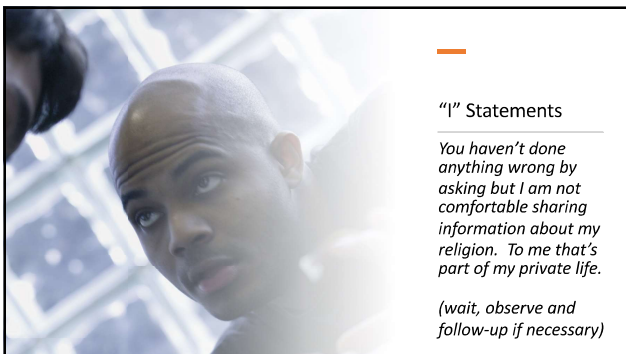
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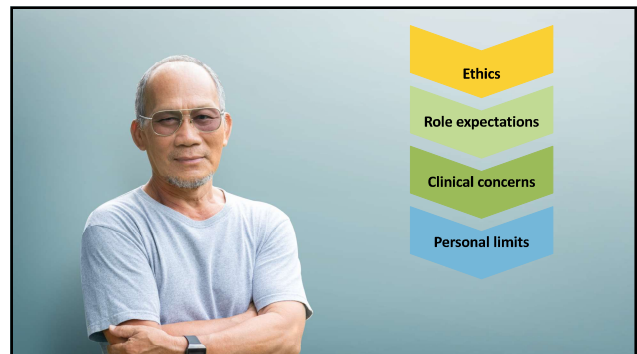
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- I don't want to know anything about staffs' lives
- It should be a real relationship between staff and clients and they should give personal information
- They shouldn't burden us with their problems
- I don't want staff hugging or touching me

25

Have you ever taken psych meds?

26

Have you ever taken psych meds?

You haven't done anything wrong by asking if I take psych meds. I'm concerned your question, and the fact that you are not sleeping well, may mean you are having early warning signs of mania. Do you remember we agreed to flag that in the early stages? Let's take a look at your wellness plan.

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Boundary Decisions

In the Counsel/Client Program, we use an algorithm consisting of the factors that can be applied to help determine professional boundaries that help improve professional relationships. Directly, a question was not experienced and have experienced with them with through the system to help inform your response.

A challenging boundary situation I have experienced in my current relationship is my work is:

In the situation described above:

Are there **Role Expectations** which influence how you might respond?

Are there **Clinical Concerns** related to the situation?

Do I have **Personal Limits** related to the situation?

Are there **Client Preferences** which should be considered?

Based on my answers, what will I do/feel?

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Claire, a woman you provide services to just came into the office and told you that her mother had a stroke last night and is in the hospital. She becomes teary and while you are comforting her she asks for a consoling hug. She is a trauma survivor and it is noted in her treatment plan that physical contact may be triggering.

29

You have been providing services to Diego for a little over a year. He has come a long way in his recovery and wants to thank you by taking you to a basketball game. He will buy the tickets. You both like the team and often share that common interest with one another.

30





You have been working with Halley for the past 8 months. She has made a lot of progress toward her goals. Her parents are having a Christmas party and she asks if you will come to the party since you have played a big part in her recovery.

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You have been working with Saleem for a few months. You are both close in age and have similar interests. You receive a friend request from Saleem on your personal Facebook page.

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