



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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 - Today's presentation will be recorded.

SAMHSA
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Identifying Limits and Setting Boundaries

Julio Brionez, PhD
University of Wyoming
07/19/2022



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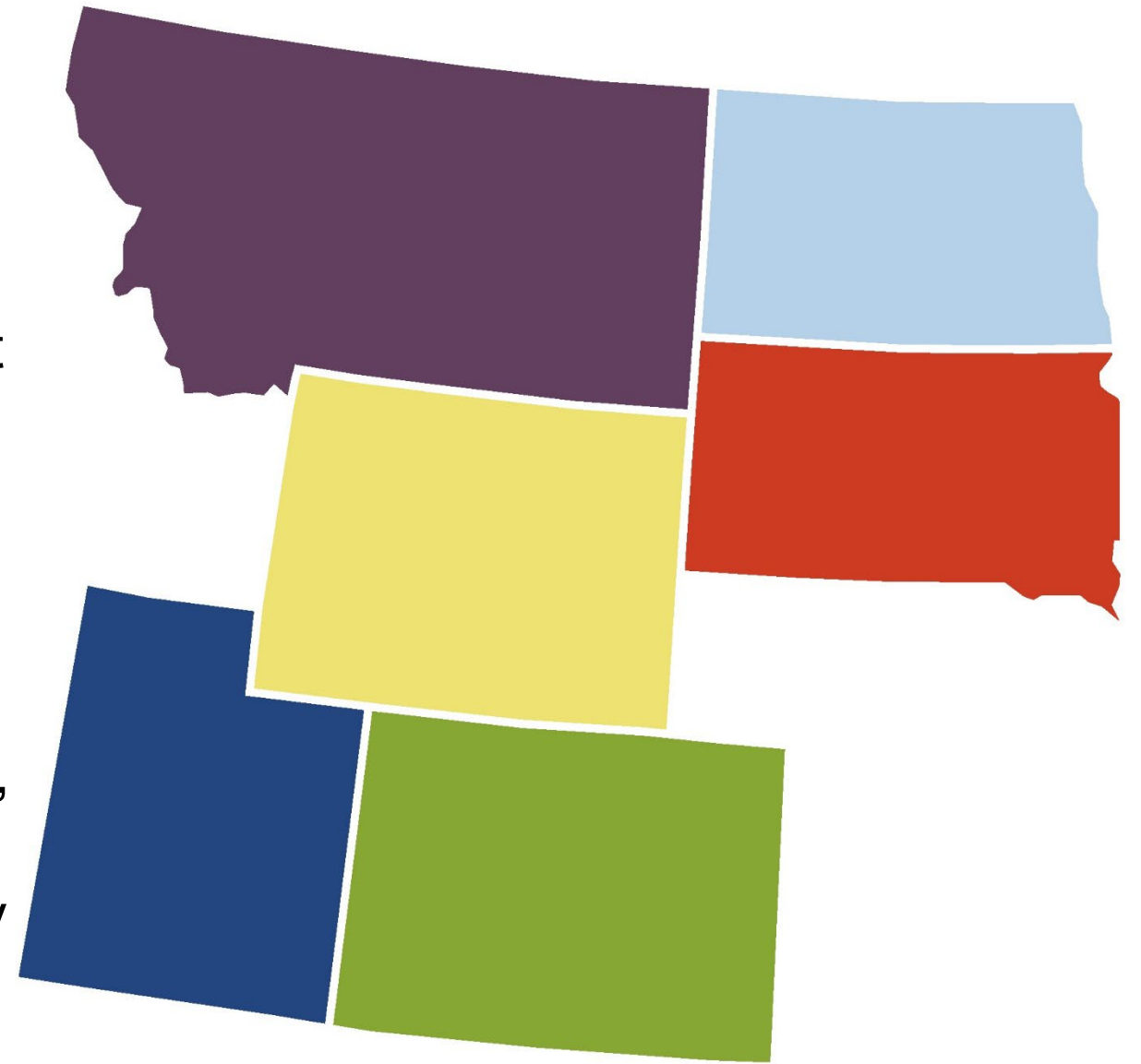
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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

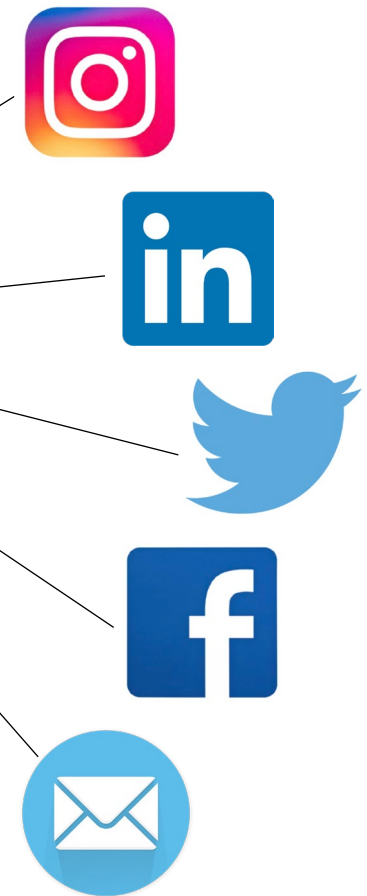
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SCAN ME



Identifying Limits and Setting Boundaries

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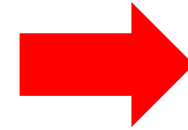
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Objectives


- Define boundaries & limit setting
- Define barriers to boundary & limit setting



- Interventions to enhance boundaries & limit setting
- Interventions to reduce barriers to boundary & limit setting

Boundaries and limit setting

- **Boundaries** are limits and needs you express to yourself and others to feel safe, healthy, and comfortable.
- To know one's **limits** is to know how much one is able to do.



Why is it so hard to
maintain a boundary?



Common barriers to boundary and limit setting

- Guilt (“I don’t want to be mean”)
- Fawning (Fawn types seek safety by merging with the wishes, needs and demands of others; Walker, 2015)
- Low self worth
- Necessity (e.g., employment)
- Shame

Question to get us started

- Have you ever felt like you had *too* much time for yourself?

Setting and Keeping Boundaries

A boundary's purpose

- Boundaries exist so that we know (or establish) **where we stop and others begin** (Rusnak, 2021).

Setting and Keeping Boundaries

How to create a boundary

1. Recognize our power to choose
2. Choose according to what we value (e.g., family).
3. Create a value-based boundary (e.g., spend 1 hour more a week with family)

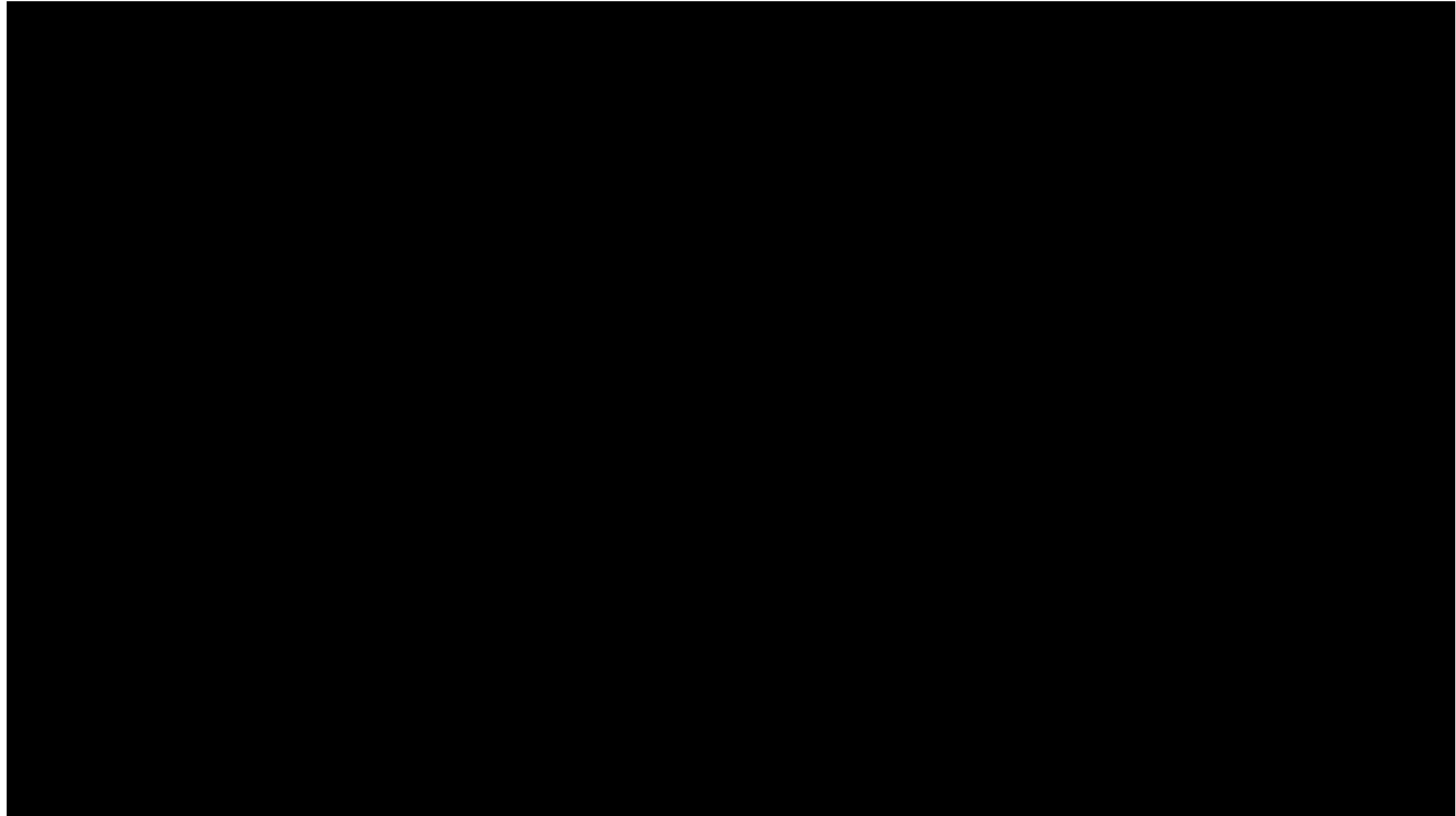
Setting and Keeping Boundaries

How to create a boundary

4. Activate our boundary
- behavior first (e.g.,
After dinner walk).
5. Motivate our behavior
that reinforces the
boundary (e.g.,
challenging
conversation).

(Mathews, 2016)

Setting and Keeping Boundaries



Setting and Keeping Boundaries

Remember...

- Boundaries are meant to contain us within the reality that we are 100% responsible for our own lives.
- **Recognize:** Boundaries are not meant to force others into compliance with our wishes.



Managing barriers to boundary and limit setting

Managing common barriers to boundary and limit setting

- Learn the difference between helping and enabling

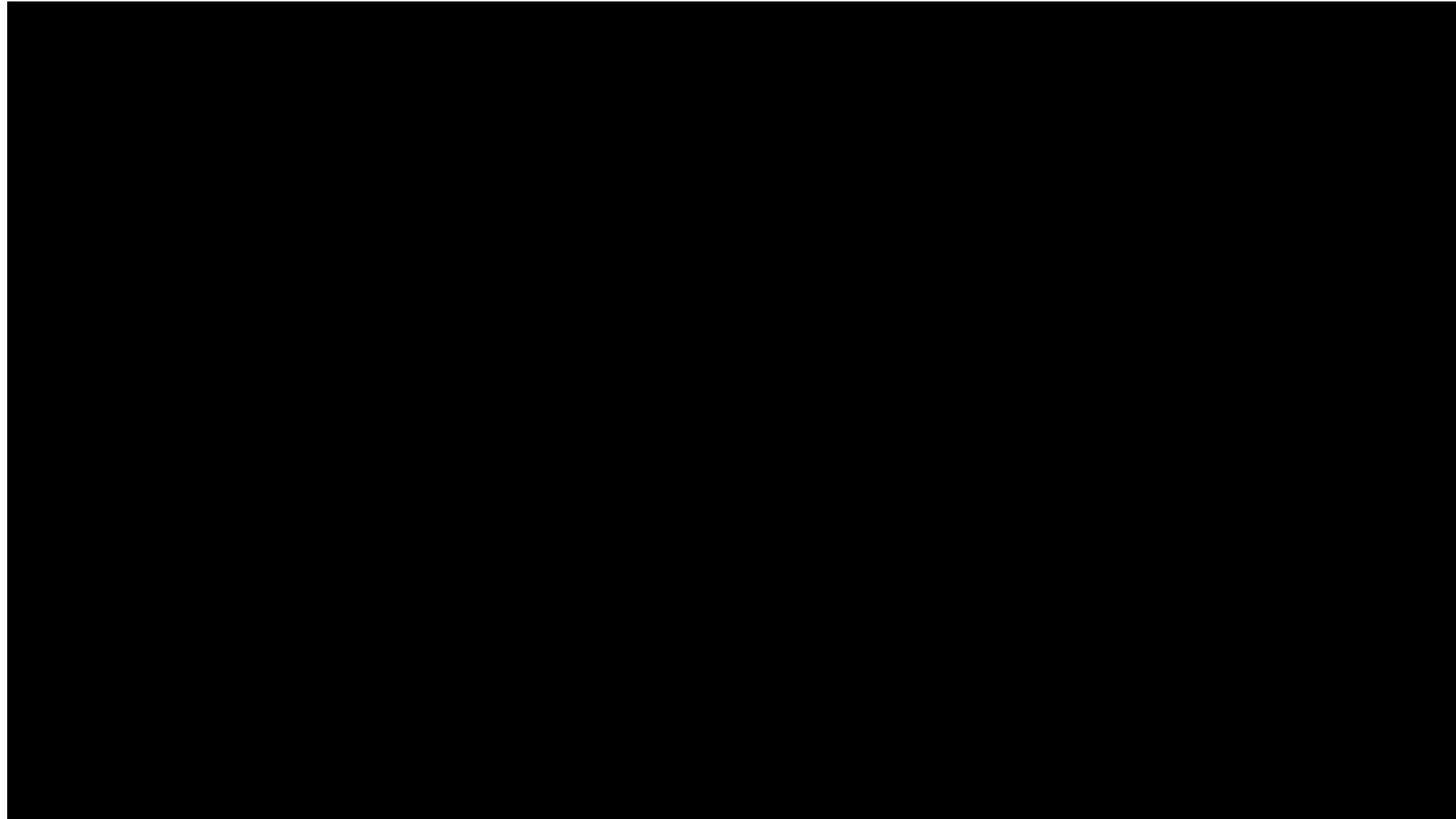


(Gobin, 2019)

Managing common barriers to boundary and limit setting

- **Practice Acceptance of self, and others**
What is it?
- **Practice Acceptance of self, and others**
 - Acceptance represents hope, optimism, and faith; and reflects inner equanimity.
 - It is remaining in the present moment, knowing it is perfect in it's out way, even as you (we) strive to be better.

Acceptance is



Managing common barriers to boundary and limit setting

- **Practice Acceptance of self, and others**

What it's not

- Acceptance is not accepting lying, cheating, disrespect, deliberate neglect, or unprofessional conduct.
- Do not accept others doing or saying something to you that you would never do or say to them (e.g. accepting disrespect; Sood, 2013).

Managing common barriers to boundary and limit setting

- **Practice Acceptance of others**

- Use objectivity

- Minimizing biases by being more objective.

- If our mental models are incorrect, then our understanding of what is going on and our response to it, are often incorrect (Thornton, 2016).

Managing common barriers to boundary and limit setting

- **Practice Acceptance of others**
 - **Increase objectivity**
 - Beware of cognitive dissonance
 - Get another opinion
 - Accept a problem as it occurs and not take it personally.

Managing common barriers to boundary and limit setting

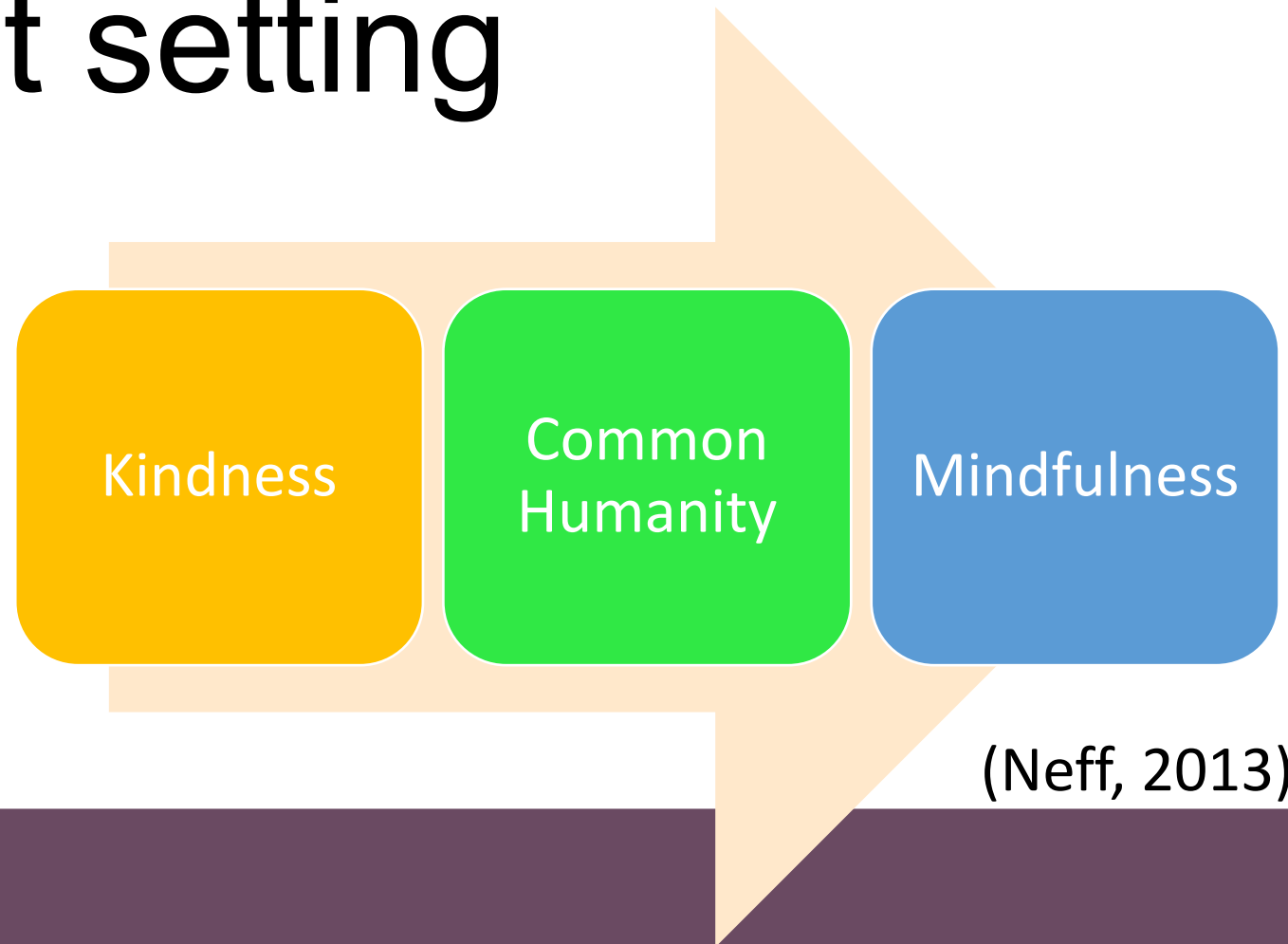
- **Practice Acceptance of others**
 - Use flexibility
- Considering possibilities that deviate from our preconceived notions, thus we free ourselves to become more flexible.

Managing common barriers to boundary and limit setting

- **Practice Acceptance of self, and others**
 - Use willingness
- Developing a willingness to work with the imperfect, the undesirable and the uncontrollable.
- Understand your values to be more important than comfort

Managing common barriers to boundary and limit setting

- Practice Self-Compassion



(Neff, 2013)

Q & A

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