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# Therapeutic Boundaries

Finding a Balance: Navigating Relationships  
with Clients, Colleagues, & Ourselves

## Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #: 415-655-0003, Access Code: 293 887 479
- Type questions in the sidebar to the right and there will be time for questions throughout.
- The webinar is being recorded.
- The powerpoint and supporting materials will be emailed to you and available on our website.



## About California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

- Health care should be accessible and *where kids are*, and
- Schools should have the services needed to ensure that poor health is not a barrier to learning

# Definition

## Boundary

- A limit or edge that defines you as separate from others.
- A limit that promotes integrity.



## Types of Boundaries

### Physical

- Skin
- Space
- Door to Office
- White Noise Machine outside door to office

### Psychological

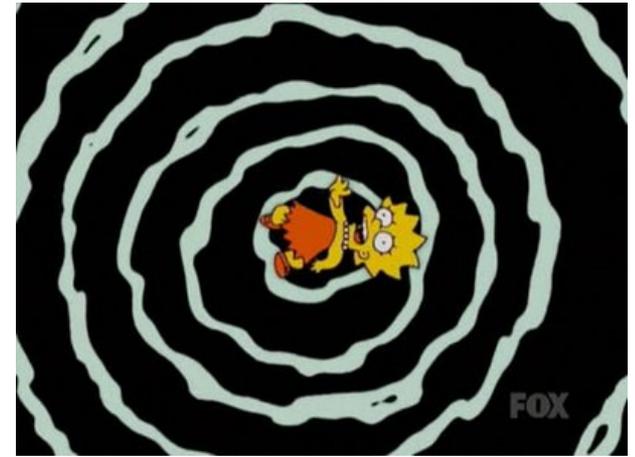
- Choices
- Limits



## Why Boundaries Are Like Vitamins

- Natural supplements
- Sometimes difficult to remember to have as part of a balanced lifestyle
- Everyone needs the combination that is right for him or her



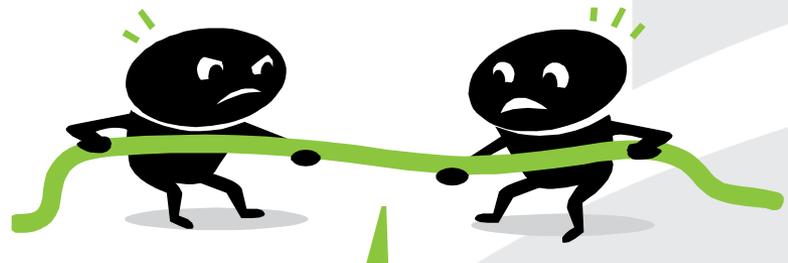


## Why We Need Boundaries

- To “hold onto our reality”
- To provide a safe and stable environment for our clients
- To establish trust
- To maintain our roles on a multidisciplinary team
- To keep ourselves safe in a chaotic or frequently changing setting.

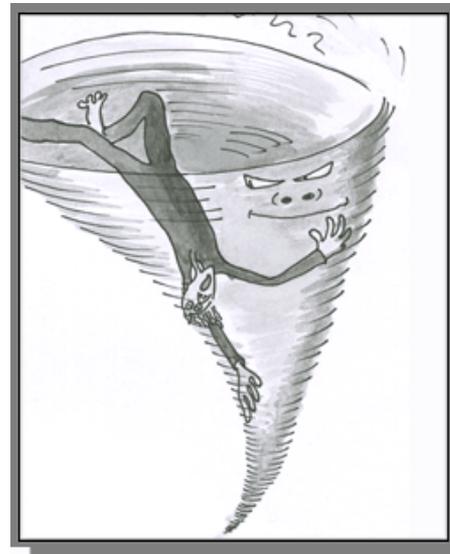
## Why Boundaries Are Difficult to Maintain

- We have trouble defining our roles
- We feel obligated to be everything to everyone
- We don't want to say "no" to a client in need
- We become too comfortable or over-confident and stop paying attention to the basics



# What Happens When We Don't Maintain Good Boundaries?

- Feel “spread too thin”
- Quality of work with clients can suffer
- Feel underappreciated
- Burnout!





## We Need Boundaries With

- Clients
- Colleagues
- Ourselves

# Boundaries With Clients



## How Clients Test Boundaries

- By gauging what is allowed and what is not
- By seeing if we are able to keep them safe
- By finding out if we are trustworthy



# Boundaries With Clients

How to Maintain them:

- Clear expectations from the beginning
- Consistency
- Mindfulness





## Self-Disclosure: Ack!

- What does self-disclosure mean to you?
- Is it okay to disclose information about yourself to a client?
- What are the possible consequences of doing so?



## **Social Media: Again, Ack!!!**

- Make sure that any social media profile you have is not available for public viewing unless it is a professional profile.
- Be aware of how you want to present yourself to clients and colleagues alike.
- Be careful not to share confidential information on social media.



# Boundaries With Colleagues

## How Colleagues Test Boundaries

- Ask us to do more than we feel comfortable with
- Blurring of roles
- Unclear expectations
- Office politics/dynamics
- Gossip

## Boundaries With Colleagues

### How to Maintain Them:

- Set clear limits on your role and responsibilities
- Find balance between being diplomatic and asserting your own needs
- Stay out of office politics as much as possible, and be solution-oriented if you enter the fray.
- It's okay to be friends with colleagues, but be professional in the workplace.

# Boundaries With Ourselves

What Does This Even Mean?

- Professional vs. Personal Lives
- Preventing Burnout
- Recreation vs. Professional Interest



# Boundaries With Ourselves

## Setting Limits

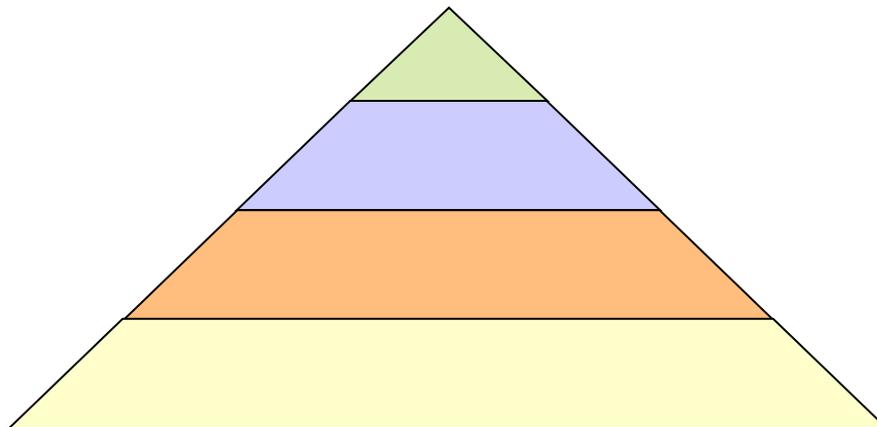
- Routines
- Finding/Remembering what we actually like to do with our time
- Having someone else keep us honest

# Boundaries With Ourselves

## Professional vs. Personal

- Does your personal life get in the way of work?
- Does your work get in the way of personal relationships?
- What can you do to correct the balance?

# Being Well-Balanced is Different for Everyone



# Additional School Health Resources

Join Us in sunny San Diego April 30 & May 1, 2015, for *Advancing Equity in Education & Health Care*, our statewide annual conference.

More information at [www.schoolhealthcenters.org](http://www.schoolhealthcenters.org).



April 30 & May 1  
Bahia Resort  
San Diego's Mission Bay

# Additional School Health Resources

Get popular education and school health materials online through our special ETR School Health Catalog.

Go to

[http://pub.etr.org/ecatalogs/CA\\_Alliance-ETR\\_Catalog](http://pub.etr.org/ecatalogs/CA_Alliance-ETR_Catalog)

or find it on our homepage at [www.schoolhealthcenters.org](http://www.schoolhealthcenters.org).

