Therapeutic Boundaries

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

www.schoolhealthcenters.org
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.


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

or find it on our homepage at www.schoolhealthcenters.org.