Welcome!

Email Questions...Put your Responses in the Chat!

What questions do you have about boundaries?

Is there any content that you want to make sure is covered in the training?

What are the most common or most challenging boundary issues you face in your work?
What are Boundaries?
What else might be considered Under-Involvement?

What else might be considered Over-Involvement?

What is the difference between a boundary crossing & a boundary violation?
Some ways to think about BOUNDARIES

“Boundaries are the distance between which I can love you and myself simultaneously”

Realms:
- Physical
- Emotional
- Energetic
- Relational

Our Boundaries show us how we like to get our needs met.

Boundaries keep us safe and protect our autonomy.

Some boundaries are fixed, some are fluid/in the moment.

Boundary work includes listening to yourself & your own boundaries, as well as listening to others and respectfully receiving theirs.

Our positions of power can lead to a sense of authority that can easily allow us to cross others’ boundaries.

Ingredients:
- Needs
- Space
- Distance
- Communication
- Consent
How do we know when there is a Boundary?

(some of the) **Feelings** we have when NEEDS are not met/BOUNDARIES are crossed:

- Frustration/Anger/Rage
- Shame
- Fear/Terror
- Disappointment
- Grief
- Betrayal
- Dismissed/Disrespected/Unseen/Unconsidered

(some of the) **Feelings** we have when NEEDS are met/BOUNDARIES are respected:

- Safety
- Clarity
- Connection
- Peace/Ease
- Mutual Respect
- Seen, Heard, Considered, Cared for
Boundary Considerations

- Self-Care
- Client Rights
- Transference
- Role Clarification
- Consent
- Transparency
- Creative Negotiation - Finding the YES
- Ethical Guidelines & Responsibilities
Putting this FIRST, not last - Taking responsibility for your own needs and getting them met.

What are your Self-Care practices?

Setting boundaries IS Self-Care! Respecting others boundaries IS Care!

Listening to yourself and your own boundaries - *What are the signs and signals that you are experiencing a boundary?*

Receiving boundaries/Listening to others’ boundaries - *What are the signs and signals that another person might be experiencing a boundary?*
Sel-Care: Solo Reflection

1. What do you NEED in order to be able to provide the best care possible?
   a. Daily:
   b. Weekly:
   c. Monthly:
   d. Quarterly (every 3 mos):
   e. Annually:

2. How can you commit to your needs? What are some requests & boundaries that will help you get these needs met?

3. What are the signs & signals that you are experiencing a boundary? Crossing another’s boundary?
Client Rights
Transference

Transference is a term that refers to a relational phenomenon in which familial/core attachment relationships are transferred/projected onto other types of relationships, such as professional relationships. Transference can lead to professionals taking on familial-like roles and responsibilities, which can blur boundaries.

The SLP position is highly subject to transference and blurred boundaries due to the intimate nature of the relationship and home setting.

Identifying and naming transference, and clarifying roles, are challenging and important responsibilities in the SLP job.
1. What is the role of an SLP?
2. What are the clear boundaries of the role?
3. How does transference show up in your relationships with your client(s)?
4. What feels unclear about the role? Where do you need more clarity?
Consent Considerations

- Obtaining Consent is a critical piece of ethical relationship and boundaries.
- As a professional, you hold a lot of power. Taking the time to seek and obtain consent is an important way to be accountable to your power and ensure that you are not misusing it.
- There are many factors that make it difficult to obtain consent. These factors include communication challenges, different cognitive abilities and levels of comprehension, variations in mood and emotions, one’s own sense of personal authority/empowerment, guardianship status, and more.
- As an SLP, it is an important part of your job to learn how to communicate effectively with the client(s) you are working with.
1. What is Consent?
2. How do you obtain it?
3. What are the challenges you face in obtaining consent?
4. What are the risks of not obtaining consent?
Transparency and Communication

Communication is **KEY** in obtaining consent, assessing and establishing and honoring clients’ rights.

Open communication & honesty (not treating people as fragile)

Transparency means “free from attempts to hide something”

Mutual & Reciprocal: Back & Forth, and everyone’s needs are considered!

Takes time & Patience

A little communication goes a LONG way: “I am going to lift your right arm so that I can support you better.” “Do you want to help decide what we are going to make for dinner?” “Is there any part of this that you want to try to do yourself?” “I am feeling frustrated because I don’t know how to best help you.”

Don’t forget about non-verbal communication!
1. What emotions/feelings come up when you think about improving consent and transparency with your client(s)?

2. What challenges do you anticipate?

3. How might improving communication, consent and transparency help or benefit your relationship with your client(s)?

4. What are you scared of?

5. What are some ways you can improve communication, consent, and transparency with your client(s)? Be specific - what phrases do you want to try out? What non-verbal communication strategies might work?
This is an advanced communication skill! And it requires that we are calm, connected, curious, and compassionate. This is a really challenging space to maintain if our boundaries are crossed.

Communication can be verbal, paraverbal, or nonverbal and almost ALWAYS requires a lot of presence and patience.

If at first you don’t succeed, try again!

It is a central part of your responsibilities as an SLP to work to understand your client and to be understood by them.
HCRS Ethical Guidelines Discussion

1. Person Centered Care
2. Informed Consent & Privacy
3. Power
4. Advocacy & Social Justice
5. Equity
6. Autonomy & Risk
7. Mutuality & Accountability
8. Self-Awareness & Responsibility

1. Which ethical guideline(s) do you feel most strongly about (one way or another)?
2. Where do I see myself reflected in these ethical guidelines?
3. How do these ethical guidelines relate to or guide boundary setting?
4. Share professional experiences regarding these guidelines.
Boundary Games

Discovering Your Physical Boundaries:
- Stand far away from each other.
- One person stays still and the other walks towards them.
- When the person standing feels that the other person is close enough, tell them to stop.
- Take a moment to notice how the space feels.
- Have the person take a step forward or back, notice how that feels.
- Do it again, switching roles.

Practicing Setting & Receiving Boundaries:
- Saying ‘No’: One person asks the other questions (“can I brush your hair?” “Will you do all of my laundry?”) the other person practices ways to say NO. The other person practices ways to receive the boundary (“Thanks for stating your boundary.” “Thanks for taking care of yourself.”
- Saying “Yes”: Same thing, this time practice ways to say Yes (but don’t do the activity). Practice ways to celebrate the YES (“Yeay!”)