

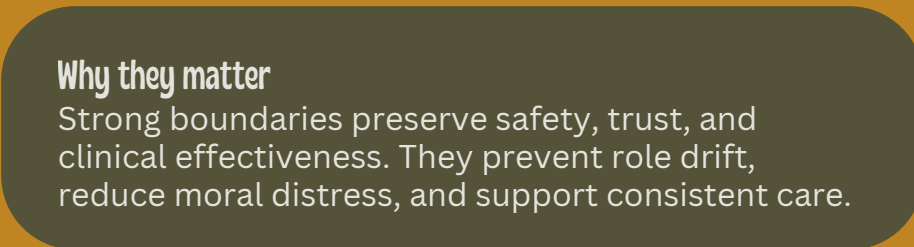


PROFESSIONAL BOUNDARIES



What are they

The ethical, relational, and practical limits that protect clients and practitioners. Boundaries include time, roles, communication, dual relationships, and self-disclosure.



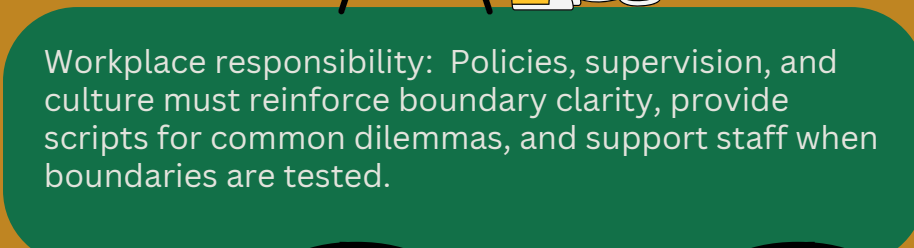
Why they matter

Strong boundaries preserve safety, trust, and clinical effectiveness. They prevent role drift, reduce moral distress, and support consistent care.



Common pressure points

- Extending sessions, frequent after-hours contact
- Personal disclosures that blur roles
- Gifts, dual relationships, social media connections
- Scope creep: doing work outside your role



Workplace responsibility: Policies, supervision, and culture must reinforce boundary clarity, provide scripts for common dilemmas, and support staff when boundaries are tested.

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PROFESSIONAL BOUNDARIES

05.

Practical strategies (day-to-day)

- Time boundaries: Start/finish on time; use a 5-minute wrap-up cue
- Scope clarity: Know your role; refer early when outside scope
- Disclosure discipline: Share only what benefits the client
- Scripts: “I’m here during your session time; let’s book our next slot”
- Documentation: Note boundary issues; seek supervision promptly

Signs of Blurred or Broken Boundaries



Frequent Overextending



Regular After-Hours Contact



Excessive Self-Disclosure



Ignoring Policies



Ignoring Policies



Client Dependence on You



06.

Supervision prompts

- Where have I felt a pull to over-extend or under-contain?
- How can I align empathy with clear limits in this case?
- Which policy or script will support me next time?

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