

The
ETHICS
of
TOUCH



Ben E. Benjamin, Ph.D., & Cherie Sohnen-Moe



2: Boundaries



Overview

What Are Boundaries?

Types of Boundaries

How Boundaries Develop

Boundary Models

Boundary Crossings and Violations

Establish, Maintain, and Change Boundaries

- Provide examples of how boundary decisions show up in everyday life and explain why boundary issues between client and practitioner are especially significant and sensitive.
- Differentiate the five major types of boundaries and give examples of each within the context of the therapeutic relationships.
- Explain how boundaries are innate, developmental, and learned through family interactions and the culture at large using examples from each category.

- Name and describe the two types of boundary models and illustrate the variances along a continuum for each model.
- Describe scenarios that constitute boundary crossings and violations within the therapeutic relationships, identify common reasons why they occur, and determine ways to avoid them.
- List at least five of the eight areas that should be considered when establishing and maintaining boundaries and reveal how each one is a change agent.

Key Terms



Attitude

Boundary

Boundary crossing

Boundary violation

Interactive boundary

Permeable boundary

Personal boundary

Power differential

Privacy

Rigid boundary

Self-disclosure

Semi-permeable
boundary

Why do you think boundaries are important in life?



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What
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Boundary

A border or limit that separates people from their environment and other people.



The background of the slide is a solid purple color. In the center, there is a faint, semi-transparent image of two hands, one from the left and one from the right, reaching towards each other and holding a globe. The hands are rendered in a lighter shade of purple, creating a subtle watermark effect.

Overview

What Are Boundaries?

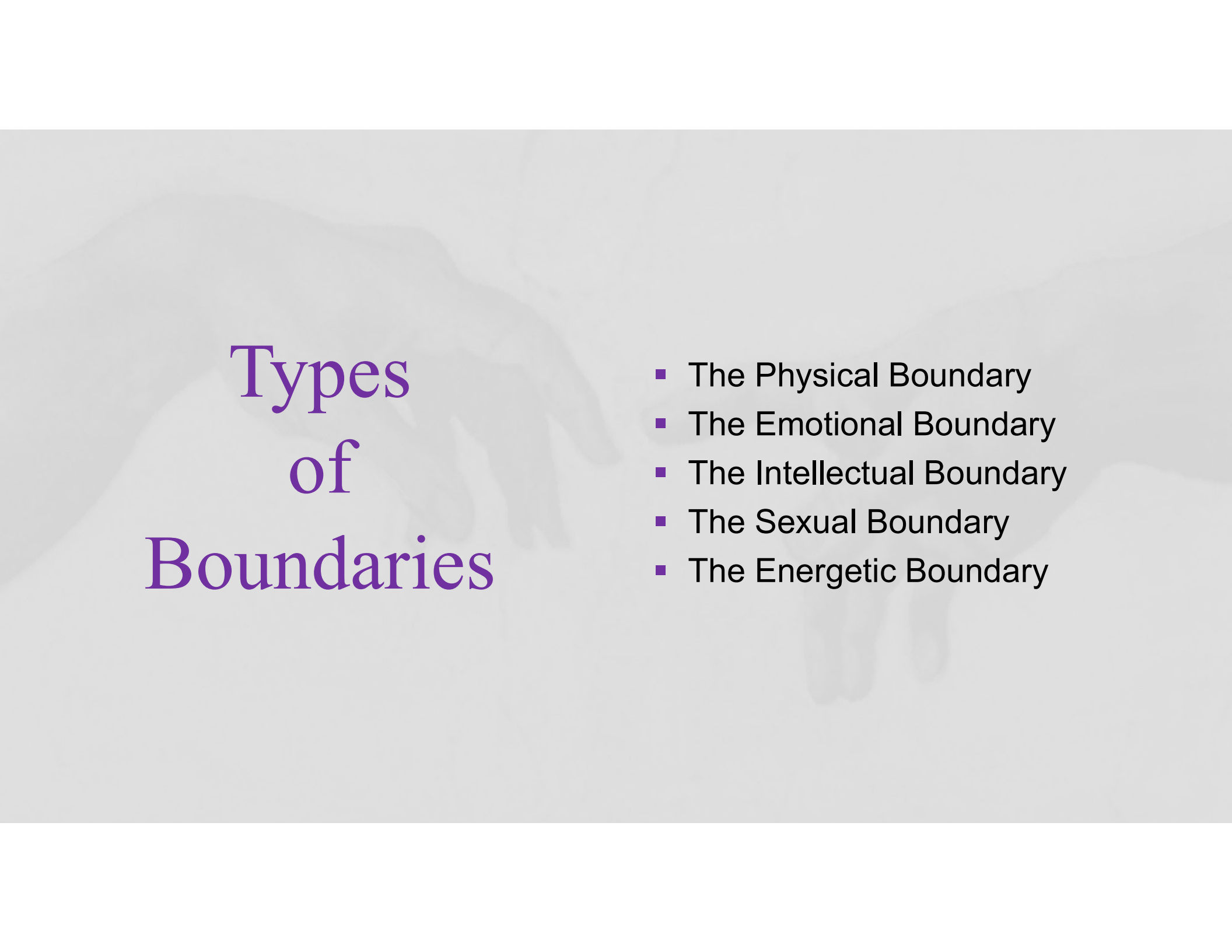
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Types of Boundaries

- The Physical Boundary
- The Emotional Boundary
- The Intellectual Boundary
- The Sexual Boundary
- The Energetic Boundary

The Physical Boundary

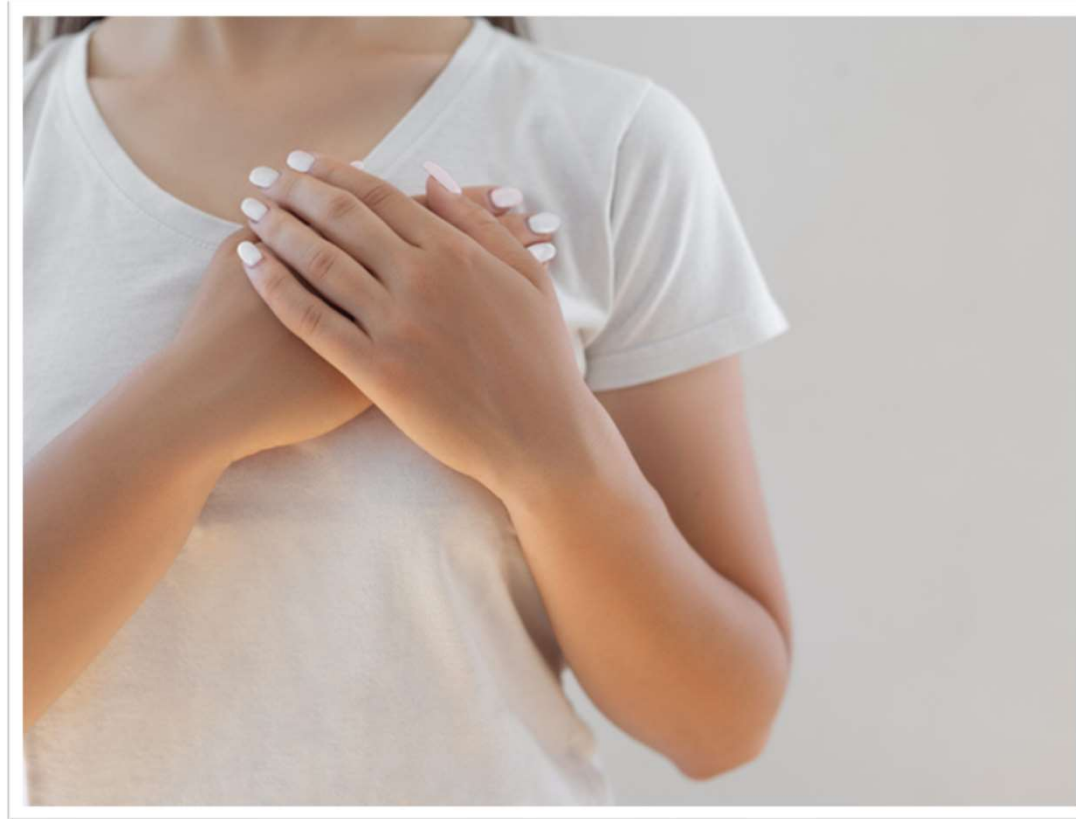


The appropriate “comfortable” distance that people keep around themselves.

This distance will vary depending on many factors, including culture, sense of comfort and safety, and setting.



The Emotional Boundary



The degree to which someone shares their emotions with another person is based on the level of trust between them.

Violation of an emotional boundary can be as painful as, if not more painful than, violation of a physical boundary.



The Intellectual Boundary



This boundary exists around one's thoughts, beliefs, and opinions.

If one's belief systems and ideas are accepted, encouraged, or even respectfully challenged, the person will feel respected and validated. If not, they will become hesitant to speak openly.



The Sexual Boundary



This boundary is created by determining when, where, how, and with whom we wish to express our sexuality.

Health care professionals must never have sexual relationships, including innuendos, with their clients.



The Energetic Boundary



This boundary is made up of the electromagnetic field that surrounds the body and is considered to encompass the other four types of boundaries, reflecting one's overall way of being in the world.



The Energetic Boundary

This boundary is delicate for somatic therapists. They must:

- Remain open and receptive to connect with the client and track their responses
- Maintain a clear boundary, protect themselves from being influenced by the client's energy, and prevent their own energy from crossing a client's boundary

