

COTBC Webinars

Today's session will start shortly

Professional Boundaries

 QUALITY PRACTICE WEBINARS

Professional Boundaries

Welcome!

- Participants are placed on mute.
- Please type your questions in the chat box.
- Sessions are recorded and posted within 24 hours.
- Please complete the evaluation.

2

 QUALITY PRACTICE WEBINARS

Professional Boundaries

Today's speaker....

Andrea Bowden
Practice and Policy Consultant

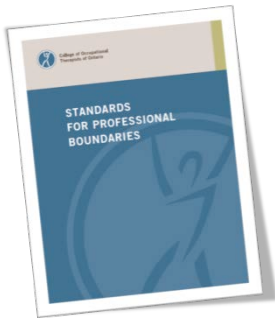


3



Today's Session

| | Timing |
|---|---------------|
| Introductions | 12:00 -12:05 |
| Fostering Therapeutic Relationships, and Recognizing, Preventing, and Managing Professional Boundary Issues | 12:05 - 12:25 |
| Hot Topics | 12:25 - 12:35 |
| Questions and Answers | 12:35 - 12:40 |
| Wrap-up | 12:40 -12:45 |





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“The relationship between the OT and client in the context of providing care” (COTO)



Built on a foundation of...

trust
empathy
respect
personal closeness
professional judgement



OT's foster therapeutic relationships by:

- Assuming **responsibility** for boundaries
- **Respecting** uniqueness and diversity
- Recognizing position of **power**
- Building **rapport**
- Using **client-centred** approach



OT's foster therapeutic relationships by:

- **Explaining** role/services
- Obtaining **consent**
- Inviting client to **involve** those important to them
- **Reflecting** on practice
- **Understanding** Code of Ethics, Standards, etc.
- Participating in **policy** development



Professional Boundary:

“the implicit or explicit demarcation separating the professional relationship with a client from one that is personal” (COTO)



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Boundary Crossing:

- A behaviour in a relationship that **may compromise** the therapeutic relationship with the client.
- Can involve an **intentional** excursion over the line with a **return** to established limits.



Boundary Violation:

When the nature of the therapeutic relationship moves from a professional one to also being personal and non-therapeutic, such that harm or the potential for harm can come to the client.



Recognizing Professional Boundary Issues

Understand:

- types of **violations**
- practice **context risks**
- the **power** imbalance



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Recognizing Professional Boundary Issues

Personal and **professional** risk factors:

- own physical/mental health
- personal stressors
- social/professional isolation
- knowledge about boundaries
- loneliness



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Recognizing Professional Boundary Issues

Recognize:

- Personal beliefs, opinions, or values
- Situations of direct/indirect benefit for the OT
- If others could perceive an issue.



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Recognizing Professional Boundary Issues

Monitor:

- Client **behaviours**
- **Changes** in the therapeutic relationship
- **Own** actions





Warning Signs

- ✓ **Selecting** clients based on certain features
- ✓ Providing **increased attention**
- ✓ **Disclosing** your personal information
- ✓ Being **preoccupied** with a client
- ✓ Looking forward to **physical** contact
- ✓ **Dressing** differently
- ✓ Experiencing discomfort or **defensiveness**
- ✓ Receiving **feedback** from others





Preventing Professional Boundary Issues

- Not allowing **personal** beliefs to impact relationship
- Building **cultural** awareness
- Developing **policies**
- Avoiding activities that **compromise** objectivity
- **Establishing** and **communicating** boundaries
- Modifying/setting up the practice **environment**
- Not **touching** a client in a non-therapeutic manner.



Preventing Professional Boundary Issues

- Avoiding entering into dual relationships such as:
 - with those the OT has a personal relationship with
 - non-therapeutic relationships with *current* clients
 - non-therapeutic relationships with *former* clients



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Preventing Professional Boundary Issues

- Avoiding **special** or **discriminatory** treatment
 - special exceptions
 - billing irregularities
 - disclosure of personal information
 - exchange of gifts
 - activities not part of therapeutic relationship



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Preventing Professional Boundary Issues

- Addressing:
 - own emotional reactions to a client
 - indicators that signal a boundary crossing or violation
- Not exploiting OT status for personal gain
- Providing clients with information on alternate options.



Managing Professional Boundary Issues

- Seek assistance
- Discuss concerns with clients and re-establish boundaries.
- Accept responsibility



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Managing Professional Boundary Issues



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When unavoidable:

- ✓ Clarify roles
- ✓ Set boundaries
- ✓ Obtain and revisit consent
- ✓ Document



Managing Professional Boundary Issues

- End relationship and arrange alternate care
- Follow Duty to Report requirements



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My client wants to become 'friends' ...



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Want to learn more?

Pause Before you Post: Social Media Awareness for Regulated Healthcare Professionals

<http://www.coto.org/media/2013-06-20/SocialMedia/story.html>

COTBC Podcasts:

- Professional Boundaries...Is There an "App" for That?
- Where r u @ Social Media and OT Practice



'Special' billing arrangements...



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Bylaws

Section 68: Professional misconduct:

- (k) **falsifying** a record relating to the registrant's practice
- (l) signing or issuing in the registrant's professional capacity, a document that the registrant knows contains a **false or misleading statement**
- (m) **submitting an account or charge** for services that the registrant knows is false or misleading



'Special' billing arrangements...



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Can I accept a gift from a client?



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Can I date my client's father/mother?



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THANK YOU FOR LISTENING... Questions?

- Please fill out the evaluation.
- Recording will be available in 24 hours
- Additional questions? Email practice@cotbc.org
- Join us on    @OTCollegeBC



Coming up!

| Exam Prep Series | Date |
|--|---------------|
| Question & Answer Sessions | Jan. 7, 2016 |
| Navigating the online exam environment | Jan. 21, 2016 |



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