

Professional Relationships

WEEK 15 - DISCUSSIONS ON:
SUPERVISION & BOUNDARIES - DUAL RELATIONSHIPS

Today's Schedule

- ▶ Review on Policy Procedures (EXAMPLE: CISS OR YOUR OWN)
- ▶ **Discussions Topics:** REVIEW Supervision & Boundaries, Dual Relationships and Multiple Relationships
- ▶ Next week preparation - Review learning from previous week.
Discussion Topics: New trends and initiatives in counselling & Culture and Diversity - Critiquing the counselling profession
- ▶ Break 10:30

Review



Discussion Topic

Supervision- Review



REVIEW BEV's PPT Slides on Supervision

- ▶ Working with human-beings makes it necessary to question, consider and reflect upon what one is doing" (Portnor, 2007 p.72)

Supervision - REVIEW

- ▶ A Formal Arrangement for therapists to discuss their work regularly with a supervisor experienced in both therapy and supervision.
- ▶ Task is to work together to ensure and develop the efficacy of the therapist/ client relationship
- ▶ Professional supervision is a partnership, it is a contractual, collaborative and confidential process, based upon confidentiality and informed consent (NZAC, 2012)

Supervision

- ▶ Has its roots in psychoanalysis and the early Freudians and Jungians to support therapist with the dynamic aspects of their work, particularly the unconscious elements at work between client and therapist.
- ▶ Most Professional bodies for counselling require that practitioners receive regular and ongoing supervision (BACP; BPS; UKCP)
- ▶ Ongoing supervision widely accepted as essential protection of professional and ethical standards

Approaches to Supervision

- ▶ In th USA supervision is directed at developing trainee counsellors, primarily educational, developmental approach
- ▶ UK, supervision continues throughout working life, both for the professional accountability in interests of client and the professional and personal development of the counsellor (Hawkins and Shohet, 2012)

Hawkins and Shohet, 2012

- ▶ Seven modes of supervision:
- ▶ Focus on client and how they present
- ▶ Explore strategies and interventions used by supervisee
- ▶ Focus on relationship between client and supervisee
- ▶ Focus on supervisee
- ▶ Supervisory relationship
- ▶ Supervisors own process
- ▶ Wider context in which work takes place

Cyclical Model (Page and Wosket, 2001)

- ▶ Contracting, ground rules and expectations
- ▶ Focus
- ▶ Reflection
- ▶ Building link between supervision and work with client
- ▶ Review and evaluation



Counselling Supervision Core Tasks

- ▶ Intended to make major contribution to the ethical integrity of work with clients.
 - ▶ Normative
 - ▶ Formative
 - ▶ Restorative
 - ▶ The preventative function is to reduce the counsellors risk of burnout or secondary traumatisation
 - ▶ Providing support to prevent counsellor from becoming 'self-protective' against emotional pain
 - ▶ Modelling
- (Inskipp, 1986; Proctor, 1988; Inskipp and Proctor, 1994; 1995)

Resources

- ▶ Bond, T. (2015) Standards and Ethics foondon:Sage Publications Ltd.
- ▶ Hawkins, P. and Shohet, R., 2012. *Supervision in the Helping Professions*. Open University Press
- ▶ Feltham, c., Hanley, T and Winter, L.A. (2017) *The Sage Handbook of Counselling and Psychotherapy* 4th edn. London: Sage Chapter 4.9
- ▶ Jenkins, P (in press) Professional Practice in Counselling and Psychotherapy, Ethics and Law. London:Sage
- ▶ McLeod, J & McLeod, J. (2011) *Counselling Skills: A Practical Guide for Counsellors and Helping Professionals*. Open University Press Chapter 20
- ▶ Reeves, A. (2013) *An Introduction to Counselling and Psychotherapy*. London: Sage. Chapter 9
- ▶ Pilgrim, D (2017) *Key Concepts in Mental Health* 4thedn. London: Sage

Discussion Topic

Boundaries
Dual Relationships
Multiple Relationship



Boundaries in therapy

- ▶ "define the therapeutic-fiduciary relationships or what has been referred to as the "therapeutic frame." They distinguish psychotherapy from social, familial, sexual, business and many other types of relationships.
- ▶ Some boundaries are drawn around the therapeutic relationships and include concerns with time and place of sessions, fees and confidentiality or privacy.
- ▶ Boundaries of another sort are drawn between therapists and clients rather than around them and include therapists self-disclosure, physical contact (i.e., touch), giving and receiving gifts, contact outside of the normal therapy session, use of language, clothing and proximity of therapist and client during sessions."
- ▶ <https://www.austinsite.com/boundaries-dual-relationships/>

Boundary crossings and boundary violations

- ▶ "refer to any deviation from traditional, strict, 'only in the office,' emotionally distant forms of therapy or any deviation from rigid risk-management protocols.
- ▶ **Boundary violations** occur when therapists cross the line of decency and violate or exploit their clients.
- ▶ **Boundary crossing** often involved clinically effective interventions, such as self-disclosure, home visit, non-sexual touch, gifts or bartering."

Dual relationships or Multiple Relationships

- ▶ "in psychotherapy refers to any situation where multiple roles exist between a therapist and a client.
- ▶ Examples of dual relationships are when the client is also a student, friend, family member, employee or business associate of the therapist".
- ▶ Review Hand outs - .

Building Appropriate Relationship – Ethical Framework (2018)

<https://www.bacp.co.uk/ethics-and-research/ethics-and-research/ethics-and-research/building-an-appropriate-relationship/>

33. We will establish and maintain appropriate professional and personal boundaries in our relationships with clients by ensuring that:
- a. these boundaries are consistent with the aims of working together and beneficial to the client
 - b. **any dual or multiple relationships** will be avoided where the risks of harm to the client outweigh any benefits to the client
 - c. reasonable care is taken to separate and maintain a distinction between our personal and professional presence on social media where this could result in harmful dual relationships with clients.

- ▶ d. the impact of any dual or multiple relationships will be periodically reviewed in supervision and discussed with clients when appropriate. They may also be discussed with any colleagues or managers in order to enhance the integrity of the work being undertaken.
- ▶ BACP (2019) Dual Roles in the Counselling Profession – Moodle Page

Dual Relationship – Dilemma

► **Dilemmas: *The dangers of dual relationships***
 Therapy Today, October 2014 Volume 25 Issue 8
<https://www.bacp.co.uk/bacp-journals/therapy-today/2014/october-2014/articles/dilemmas/>

Next Week

- Review learning from previous week.
Questions/insights
- New Trends and Initiatives in Counselling?
- Cultural and Diversity Implications?
