

Counselling Theory & Approaches (ECPS5013)

Report

Abstract

In a professional counselling setting, there are a variety of ways to consider and engage boundaries for the benefit of the client and the counsellor. Boundaries in counselling rely on the bond between the client and the counsellor and with this the conversation around boundaries and boundary setting should be brought to the client's attention in an appropriate form. From here both client and counsellor may produce together possible boundaries that need to be established in and outside the sessions, alongside the primary boundaries in counselling, these boundaries can be drawn from other psychological approaches as well as guidance taken from the BPS. After an appropriate and ethical discussion has been performed, both client and counsellor may implement these pre-established boundaries when required to ensure ethical and safe practices of counselling, possibly re-engaging in the discussion of boundaries if later needed.

Introduction

Boundaries are an integral part of a counsellor's working life, both within the therapeutic space and outside the counselling circle when building and maintain a public life. Boundaries may materialise in a multitude of forms, one of which being within sessions such as implementing ways of informing the client that the session is coming to an end, and to not let that time escalate as it can confuse the professional boundaries of the relationship. Also, counsellors must maintain these boundaries outside of the session when dealing with clients, counsellors are free to interact with clients appropriately outside of the session, but these interactions must uphold the ethical principles seen when counselling (Decelis & Falzon, 2022). If these boundaries are broken, serious ethical concerns may arise, including damaging the clients mental health further resulting in stress induced symptoms (Resnik, 2016, as cited in Hook, 2018), with this also having possible effects to the client's overall quality of life, including having a secondary effect on those closely related to the client (Hook, 2018) For this interview, Thematic analysis was implemented, this being based off Braun and Clarkes 2022 version of thematic analysis, this was done as the data collected in the interview is qualitative, by using thematic analysis it was possible to condense that data into categories based off commonalities seen in the

interview by using quotes, this then enabled clearer presentation the data and to properly analyse it.

Method

Participant

One 46-year-old white British independent practice Counsellor based in Wales was recruited via an online advertisement for the interview.

Design

The method employed in this study was an interview, the participant was recruited via an online advertisement, the interview was conducted which included asking 14 topic related questions to gather information, then afterwards the participant was thanked, and the interview was transcribed for better understanding and analysis. To analyse the data, Braun and Clarke's 2022 rendition of thematic analysis was used allowing the data to be properly investigated and presented. Thematic analysis is a 6-stage process of developing research for the purpose of a study, with the first step being to familiarise yourself with the transcript, with it being advised to re-engage the text to properly understand it, with some note taking if necessary. The second step is to then create codes based off any repeating information in the transcript that may be of significance, this is to condense the overall transcript into smaller, more manageable segments. The third step is to then construct themes based on the previous codes, meaning patterns from the text start to develop making it easier to relate the codes to each other and to the topic question. The fourth step is to ensure that the developed themes are distinct and not overlapping, this allows for the data to be bountiful by having multiple distinct themes whilst also being relevant to the topic question. The fifth step is to analyse the generated themes, this means that each theme is thought out properly and can be more easily applied to the research question. The final step is to decisively use the prior analysed information to better discuss the topic question, this means that the data is fully realised and is thoroughly addressing the research topic as well as being paired with personal interpretation (Braun and Clarke, 2022) These steps better allow researchers to analyse qualitative data and apply it properly.

Results

From analysing the previous transcript, a multitude of themes emerged, with the main one being boundaries. In a counselling environment, boundaries can be expressed in many ways, with the most important being boundaries installed with the client which is a fundamental aspect of the client counsellor relationship. One example of this would be, quote “First, I check the function of the messages: are they seeking regulation, reassurance, or influence over me? I respond once with empathy and a boundary” this shows the counsellor verifying with the client if the nature of the client’s message is appropriate, displaying ethical practices whilst still maintaining a professional relationship. Even whilst a session is ongoing, it is important to employ boundaries, quote, “I seek permission for any shift”, the usage of the word “permission” shows how the counsellor is still asking consent from the client as to not push any boundaries whilst keeping the session progressing instead of dominating the session which may harm the client instead.

Although, alongside installing boundaries for the client's sake, a counsellor may also install boundaries within themselves for protection and support. An example of this would be, quote, “the pattern created resentment in me – which is a sign something’s off.”, this shows how the counsellor has to not only confirm that the client is comfortable inside and outside the sessions, but also confirm that they themselves are comfortable with the role they have undertaken, ignoring these self-boundaries could prove harmful to both client and counsellor. Another example of this would be, quote, “Now I schedule buffer times between sessions. I eat lunch away from the desk, and I protect my evenings.” this shows some different ways self-boundaries can be equipped, as well as a successful application of self-boundaries with even the most minor of changes to work life having a positive impact on the counsellor, which then means that they are more able to properly and more effectively perform their role.

Another major reoccurring theme within the interview was the humanistic approach, the counsellor interviewed for this study practices using humanistic based approaches, therefore it is heavily reflected in his ideals as a counsellor. An important part of the humanistic approach is its beliefs, which are explained

throughout the interview, quote “Humanistic practice asks for self-awareness” by describing a segment of the humanistic approach and how it can be used in a counselling setting, it can be inferred that not only does the counsellor understand the practice but also centres his work around it, as seen throughout the interview. Another example of the counsellors understanding of the humanistic approach is, quote, “The humanistic piece is honesty and client choice, anchored by ethics.” the inclusion of “client choice” is a fundamental aspect of the humanistic approach, as the approach is based off these principles, presenting a clear understanding of the humanistic approach.

Another crucial aspect of counselling is how these methods and skills are applied, for this counsellor this would be taking the core beliefs of the humanistic approach and developing them to be client or situation specific. One example of this would be, quote, “Clients don't need perfection; they need to know the relationship can hold mistakes.” This seamless application of the beliefs from the humanistic approach shows the counsellors level of understanding on how to properly apply these methods, therefore the sessions may have more of a positive impact for the clients. Another example of this would be, quote, “Attunement, eye contact negotiated, voice tone, pacing-often does the work more safely.” by having these humanistic based ideals with the client and applying them in the sessions, it can show a more meaningful level of care and understanding from the counsellor, as well as being ethically sound, as making sure that the client is cared for is the main priority for any counsellor, so by applying these humanistic ideas it can be better guaranteed the client is comfortable during the sessions.

One final theme present within the interview, which is essential for a healthy relationship between client and counsellor is the notion of having trust between counsellor and client. The easiest and most effective application of this belief is by having client lead sessions, and by having the client take some control of the session, it can let the session be more productive and beneficial for the client. One example of this would be, quote, “but I also check preferences: some clients regulate better with the camera slightly off to the side.” this application of a client led approach is implemented for the clients own comfort, and the counsellor asking for the client's preferences indicates a deep level of understanding and trust as to how to make the client feel understood. Another great example of this would be “If we see

each other out, I'll take your lead – you can choose whether to acknowledge me.” by having the client lead the interactions both inside and outside the session, the client can decide whether or not they want to engage, and how they want to engage, showing that the counsellor is trusting in clients level of rational.

With client led sessions also comes trust in the client with boundaries, the counsellor must always hold deep trust in the client to uphold boundaries and keep the relationship safe and appropriate, one example of this would be, quote, “The boundary becomes a live curriculum in self – trust.” to maintain these boundaries in the counselling relationship, it's important to let the client know that they can choose what they want related to their sessions, and its crucial to trust the clients own judgement and if they can also uphold the boundaries for the sake of the relationship. Another example of this would be, quote, “Boundaries become a sanctuary rather than a rulebook.” instead of having boundaries be imposing and rigid, treating them like a safe space allows for the client to feel more safe and secure when applying these boundaries, with heavy trust being put into the client for them to know when and what boundaries are necessary to rely on.

Discussion

The discussion surrounding boundaries and ethics within counselling is ever present, and by performing empirical studies, as well as engaging in previous research, this issue can be further investigated. Throughout this interview we can ascertain the degree to which the counsellor displays and maintains boundaries within the therapeutic relationship, including asking for the client's opinion on how they want to handle parts of the session, as well as carefully considering the intention behind certain actions and installing appropriate boundaries in turn. The counsellor's application of boundary setting is professional and comprehensive, this aligns with past research towards boundaries in counselling which includes assessing the potential harm that might befall the client or the counsellor, along with upholding an open mind and potentially seeking outside support or possibly signposting if the boundaries in the counselling relationship get crossed, ensuring the wellbeing of both client and counsellor (Giovannetti, 2024). Another imperative aspect of building boundaries when in a counselling environment is establishing trust

with yourself and the client, as having trust in the client means that you expect them to uphold the current boundaries set whilst also implementing other boundaries if they feel that it is needed. From the interview it can be observed that the counsellor places a large amount of trust in the client, which is demonstrated by allowing the client to lead the sessions to a degree which in turn shows the deep level of trust between the client and the counsellor. This topic is well researched in terms of counselling as it's so highly important, with past research detailing how building and maintaining boundaries in the counselling relationship can place a vast amount of trust in the client, with proper discussions needed to accurately arrange safe and healthy boundaries. Although breaching these boundaries can have a major impact on the client and the working relationship, as it indicates to the client that they cannot trust the counsellor, therefore the basis for the relationship is ruined (Wheeler, 2022). The final major element seen in the interview was the application of the humanistic approach, as well as its ties to boundaries within counselling. One aspect of the interview was how the counsellor implemented the beliefs of the humanistic approach to his counselling work by allowing the client to decide certain facets of the counselling experience, which can be recognised as a successful application of the humanistic approaches belief of employing a person-centred approach, allowing the client more freedom and responsibility when deciding boundaries. Within research, the humanistic approach has extremely strong links to boundaries and boundary setting, with Carl Rogers ideology of a person-centred approach being integral to constructing meaningful and useful boundaries with clients, demonstrating how the humanistic approach can be considered as the basis for all counselling relationships (Owan, 1997). For future research towards boundaries in counselling, it is critical to recognise the client's role in the relationship, with the client also needing to maintain these boundaries. Therefore, to approach the topic of boundaries in the context of counselling, a valuable starting point would be to investigate the client's side of the relationship and differing counselling approaches that detail in setting boundaries or communicating with the client.

Reference list

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Generate initial themes.	Search the transcript for potential quotes.	Define the themes into sub themes.	Review potential quotes and catagorise them into sub-themes.
Boundaries	"I end on time even if the platform drops and we reconnect; otherwise, online work can drift. After sessions I take a screen break; that's a self-boundary." "First I check the function of the messages: are they seeking regulation, reassurance, or influence over me? I respond once with empathy and a boundary" "not meeting socially or connecting on social media; not offering therapy via text; charging agreed fees and	Boundaries with the client = [BC] Self-boundaries = [SB]	"First I check the function of the messages: are they seeking regulation, reassurance, or influence over me? I respond once with empathy and a boundary" [BC] "I seek permission for any shift: "Would it be okay if we slowed down here?" [BC] "the pattern created resentment in me—which is a sign something's off." [SB] "Now I schedule buffer time between sessions. I eat lunch away from the desk, and

	holding cancellation boundaries" "I seek permission for any shift: "Would it be okay if we slowed down here?" "the pattern created resentment in me—which is a sign something's off." "Now I schedule buffer time between sessions. I eat lunch away from the desk, and I protect my evenings. My clients benefit from a steady counsellor more than from an always available one." "I checked my intention and the potential impact. I		I protect my evenings." [SB]
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	offered a contained truth” “I didn’t share details.” “I listen to my body—tension, dread, resentment are signals. If I’m consistently late to finish notes, skipping meals, or preoccupied, something needs resetting.” “Boundaries are love with edges. They’re the reliable shape that lets two people meet with depth and honesty. Held with warmth and transparency, they don’t limit the relationship—they allow it.”		
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Humanistic Approach	"I'd describe myself as a humanistic integrative counsellor. The humanistic part means I hold a deep trust in the person's capacity for growth when the relationship offers psychological safety—empathy, unconditional positive regard, and congruence." "In humanistic work we're embodied, but touch isn't the only path to embodiment. Attunement, eye contact negotiated, voice tone, pacing—often does the work more safely." ". Humanistic congruence isn't a	Humanistic – What it is/beliefs and ideas = [HW] Humanistic – How it is applied to counselling = [HH]	"In humanistic work we're embodied, but touch isn't the only path to embodiment. Attunement, eye contact negotiated, voice tone, pacing—often does the work more safely." [HH] "The humanistic piece is honesty and client choice, anchored by ethics." [HW] "Clients don't need perfection; they need to know the relationship can hold mistakes." [HH] "Humanistic practice asks for self-awareness" [HW]
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	floodlight; it's a carefully aimed lamp." "The humanistic piece is honesty and client choice, anchored by ethics." "Humanistic counselling values congruence; repair depends on it. Clients don't need perfection; they need to know the relationship can hold mistakes." "Humanistic practice asks for self-awareness" "Humanistic boundaries are compassion in structure."		
Working with the client	"If we see each other out, I'll take your lead—you can choose whether to acknowledge me."	Trust in the client = [TC] Client led sessions = [CS]	"If we see each other out, I'll take your lead—you can choose whether to

	"The boundary becomes a live curriculum in self-trust." "but I also check preferences: some clients regulate better with the camera slightly off to the side." "And I'm transparent about my own regulation: "I'm here; we can pause." Boundaries become a sanctuary rather than a rulebook." "They reported it felt kinder and less abrupt."		acknowledge me." [CS] "The boundary becomes a live curriculum in self-trust." [TC] "but I also check preferences: some clients regulate better with the camera slightly off to the side." [CS] "And I'm transparent about my own regulation: "I'm here; we can pause." Boundaries become a sanctuary rather than a rulebook." [TC]
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First reading and notes

[illegible]

5. ending with five minutes to go. Those mins fly like arrows
6. I'm preening, I'm preening, I'm preening, I'm preening
7. to the feeling "These matters, let's wait and pick up a new line!"—rather than "These matters, let's wait and pick up a new line!"
8. allow a minute to settle in so we reached something new, but I realize
9. it is a gift. Consciousness builds reality, reality builds
10. shows humanity.
11. B. Can you share a moment when time became a live boundary in the
12. of the day?
13. C. I worked with a client who called me evenings, during
14. something significant to me. I suggested time, ending of showing or
15. missing, we became aware.
16. D. I'm not sure about that. I'm not sure about that. I'm not sure about that.
17. the feelings that surfaced at the time of signal and building a bridge
18. for the next session, sometimes a written line, sometimes a line to
19. interfere. The boundary stepped into the region and became part of
20. the therapy. It's a change in perspective.
21. E. How about physical space, room layout, privacy, music?
22. F. I just answered to the first one of the room. Chairs are
23. comfortable, space is music, room is music, room is music, room is music.
24. I'm not sure about that. I'm not sure about that. I'm not sure about that.
25. system is a verbal language, my definition is not a touch, because
26. the meaning of touch is not a touch, it's a touch, it's a touch, it's a touch.
27. ask for a handhold at the end, I check in... "Is that fine?"
28. supports for my work, I don't ask for a handhold, but I don't ask for a handhold.
29. I'm not sure about that. I'm not sure about that. I'm not sure about that.
30. only ask to reinforce. Abandonment, my sense separated, with
31. time, ending... about the work more slowly.
32. F. You mentioned digital boundaries. What's your approach?
33. G. I keep it simple and transparent. I don't use WhatsApp or
34. anything. I'm not sure about that. I'm not sure about that. I'm not sure about that.
35. as clients, we speak in English for scheduling and the therapy platform for
36. sessions. I don't accept social media. I don't accept social media.
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[illegible]

C1 I give notice of breaks as early as I can and we talk about how to manage the break. Some clients are not keen on finding problems with the grounding practices, others simply want to know boundary and that the break may feel irritating. I hold an open boundary not to respond to emails when I'm away and I support again to crisis services. Predictability reduces rupture.

E: How does supervision feature in boundary work?

C1 Supervision is where I really check my judgments and tend my own edges. If I feel unusually compelled to break a boundary—or irritated by a client's testing—I'll take care to supervise and explore with my supervisor. And I can't do that unless I have a supervisor. **Humanistic practice asks it's also a place to celebrate holding a tricky boundary with warmth.**

E: How might work change your boundary landscape?

C1 Definitely. We lose some of the natural cues of the therapy room. So I have to account a virtual time, I have to be more explicit about my boundaries, notifications off, camera placement, a backup plan if the internet fails. I'm intentional about consent: pre-empting, not misreading, and clearly doing—**but I also check preferences some times**—**humanistic asks to check explicitly what the role is at that time even if the platform drops and we reconnect, otherwise it's not work**—**and I also assess time for the client's needs and my sustainability**. **SB**

E: You mentioned safeguarding and confidentiality earlier. How do you think about limits without hurting people off?

C1 Plain language and care. I might say, "What your share is confidential. The main exceptions are if there's a risk of serious harm to you or someone else, or if I'm legally required. If I ever felt we were near that line, I'll try to talk to you about it." I also explain assessment and minimal record keeping. The message is: I'm on your side, and here's how I keep you safe.

E: Some students wonder how to respond to frequent between session messages. Could you walk through your approach?

C1 **I check the function of the messages: are they seeking regulation, reassurance, a place to vent, or a response open to negotiation of a boundary.** "I'll be back on Tuesday next I respond once you're ready to talk." **I'll be back on Tuesday next I respond once you're ready to talk.** If it's for our session on Thursday—"Then I bring the pattern into the room." I notice messaging helps in the moment; does it help longer term? We might explore alternatives—writing to someone, a coping card, or the need is not real but becoming the metaphor. If the messages escalate, I'll restate the boundary and explore what's stirring it. The point isn't to block; it's to transform.

5

Q: Flexible, how was one of the last five minutes, whether we sit with silence or talk it through, occasional short extensions named as exceptions: session frequency, language and metaphors, integrating creative methods if it suits them. Non negotiable: confidentiality limits, physical and psychological safety, and time limits. **Consolidating an overall model for offering therapy via video chatting** **and holding container boundaries with humans** **and exceptions**, ending on time as the norm, my availability outside hours, my need for supervision and breaks. The container protects the contents.

Q: How do you support clients with trauma histories around boundaries?

A: With trauma, pacing and consent are everything. We start with building present moment resources – breath, naming, choice – so they can stand within a window of tolerance if I am present for my life. **It may be to break up our shared time apart** I track mind wandering, tapping at the edge, a freeze when I mention end time. We approach slowly via language, not content. **And I have tapacool about to own regulation** **"I'm here, you're here" – boundaries become a language container** **"I'm here, you're here" – boundaries become a language container** **"I'm here, you're here" – boundaries become a language container**

Q: Can you recall a time when a boundary you set directly facilitated a client's movement?

A: A client used to ask me weekly to leave the cancellation fee after late changes, usually with compelling reasons. Early on I was flexible, eventually the **pattern created resistance in me – which is a sign something really useful is going on** **"I noticed I've been making something useful" it's starting to feel uneven for me** **Can we look at what's happening around committing to this time?** This opened a conversation about ambivalence and fear of prioritising my needs. When I reestablished boundaries, she became more engaged. I'm increasingly, kinder to themselves. Sometimes the clearest limit is the kindest act.

Q: How do you keep boundaries from feeling cold?

A: Warmth plus clarity. I slow my voice, validate feelings, and then state the limit plainly. "I care about your safety, and I'm not available outside our agreed times. Let's plan a what would support you between now and next week." The relational message is "I'm here, I'm steady, and I won't cross your boundaries." It's not about me, it's not on me. **Humanity's boundaries are compassion in structure** **– up**

Q: I would want you to say to trainees who worry that boundaries will create them seem unclear?

113 would feel too distant, or too close?" I pay attention
114 to terms like "homework," can feel directive, "expectations
115 like "invitations" can feel less directive. "Boundary
116 relationship; cultural is part of that relationship."
117
118 I: Could you have a composite vignette that illustrates
119 work from a humanistic lens?
120
121 S: Sure. Imagine "Aly's," late 20s, grew up with
122 boundaries—parentification, emotional enmeshment,
123 Alys often apologized for her mother's moods and
124 boundaries between sessions. The work began to space and sink
125 structure, how to reach me, what to expect if I don't
126 from I track her body, her feelings, and she began to
127 when asking for reassurance. I then supply
128 demand, I need the need underneath: "I'm hearing
129 switch between sessions—can we stay with that top
130 months, we practice extending the gap between one
131 anchors, jolting a sentence at the end with what she
132 agreeing a grounding practice she can use, and none
133 can email to reachable but not for ongoing demands
134 boundary becomes a live curriculum in self-trust. I
135 up when she says "no" to extra stuffs and when she
136 to test me and choose to journal instead. I
137
138 I: How do you report when you get a boundary with
139
140 S: With humility and speed. If I've been too flexible
141 I name it: "I realize I extended last week's session at
142 I muddy the waters. I'm sorry—that's on me. Can
143 it I intend?" Humanistic counseling values congruence
144 depends on it. Client's "no" is not a surprise, they
145 relationship can hold limits. Repair often depends
146 perfect adherence would have.
147
148 I: Endings, planned and unplanned, are another
149
150 S: Yes, work with them?
151
152 I: C: I introduce endings early as part of safety; then
153 beginning, a middle, and an end, we'll plan an ending
154 As we approach closure, we review the journey; we
155 with them, what they've learned, what's surprising, they
156 clients like a letter at the end summarizing themes
157 Others prefer simply to name it in the room. If the
158 unplanned—illicit, relationship—we attend to the
159 create a transitional space. The best boundaries
160 containment; good endings model that relationship
161
162 care.
163
164 Q: What about breaks and holidays?

C. Yes. One client found the five minute time warning helpful. We experimented. I allowed to a further one—starting we were thinning to last—and watched how it affected their regulation. They agreed it felt kinder and less abrupt. The structure remained, the delivery changed.

I. How do you integrate creative elements—writing, drawing—within boundaries?

C. We agree the purpose and the frame. If we use art materials, we set up and close down within the session time, and we talk about the session or taking work home. If we write letters (to self, to parents, we agree what happens to them) kept by them, sketched, sketched. Creative work can arise almost everywhere, having a clear start and finish contains it.

I. What if a client asks to move to texting therapy or asks for ad-hoc support "just this once" during a crisis?

C. I legitimise and offer what's within the frame: "I'm not able to offer therapy by text, what I can do is hold what you've shared for us session, and I can remind you of the crisis supports tonight." If ad-hoc support becomes a pattern, we use the frame boundaries as a punishment: they're the shape that keeps the work therapeutic rather than something else.

I. Could you walk through an example of boundary work around self-disclosure in grief?

C. A client grieving a parent asked directly if I ever lost someone close. I said yes, and we discussed the loss and the potential support I offered in the session. Yes, I have experienced a significant loss. It was difficult. We then explored what it meant for them to know that—did it help them feel less alone, or were they worried about burdening me? The disclosure was a doorway to their meaning, not a story about mine.

I. How do you evaluate whether your boundaries are working—for you and for clients?

C. I listen to my body. Sustained, clear, resentment or frustration. If I'm consistently late to family needs, drinking more or preoccupations with other people. With clients, I pay attention to what they share. Are we both clear about what happens when? Do they arrive and leave more regulated? Feedback helps; I'll ask directly, "How are you finding the way we hold the time?" I hold boundaries should make the work feel safer and deeper, not tighter and smaller.

I. Finally, if you had to summarise the humanistic take on boundaries in a sentence or two?

boundaries are experienced as unpredictability, which feels like loss of control. For consistency is a form of love. It is professional. Practice saying, "I wish I had more time, let's hold this carefully for supervision when it's hard—your way." Learning

How your own life experiences influenced the way you set boundaries?

C of course. Early in my career I overcame—answering emails late running over time—partly from impostor anxiety and a fear of letting people down. Burnout taught me that I can't offer deep presence if I'm not here. Since then, I've learned to set boundaries that protect me from burnout, and I protect my clients from mine. I've learned to be assertive from a steady counselor more than from an always available one.

I: How do you decide when to refer or signpost because of boundary considerations?

C of course! My clients need my competence or the frame—acute or chronic crisis response, complex, specialist needs. I'll discuss options and, with consent, liaise with GP or relevant services. Sometimes it's about the fit: if a client needs a highly structured approach, my way isn't meeting them, we talk honestly. Referrals isn't rejection; it's care for the person's goals and safety.

I: Could you speak to record keeping as a boundary practice?

C of course! Minimal, respectful, and secure. I write brief process notes, not narratives, and I store them securely. I let clients know what I see and how for long. The boundary is about dignity—writing only what's necessary and remembering the person may not like what I wrote. That thought alone is a good ethical guide.

I: Let's touch on rupture—when a client feels a boundary as a slight or a rejection. What then?

C of course! It is: "Can we talk about what happened when I ended a session?" and I thank them for the courage to let me. I listen for the hurt that is hurtier than the room. I don't defend, I listen. I'm curious. Sometimes I'll validate the wish, "it get why you wanted more time, what you shared matters," and then restate the boundary and our commitment to keep working with the feelings it evokes. Rupture held well becomes material for growth rather than a reason to leave.

I: Is there a time you adjusted a boundary after client feedback?

C: Boundaries are important because they let two people make transparency, they can

E: Beautiful. Thank you.

C: Thank you.

Interview Schedule:

1. Can you tell me how do you set boundaries?
2. How do you manage therapeutic practicality?
3. How do you experience confidentiality, time?
4. Can you share your start(ending) between boundaries?
5. How do you approach boundaries?
6. What is your attitude towards clients?
7. How do you deal with no client?
8. How do you manage gifts?
9. What challenges have face you since setting boundaries?
10. Can you give us some equal or breakdown?
11. How do you view boundaries?
12. How do you see boundaries?
13. How do supervisors view boundaries?
14. Has your relationship been affected? If so, how?

Key _____

Boundaries with the client
self boundaries = SB CS

Maintaining a balance - how does it affect H...
~~Social support~~ Social support = how does it affect H...
How much more than I need [H]
What's the difference - CS

we with edges. They're the reliable shape that
with depth and honesty. Held with warmth and
we don't limit the relationship—they allow it.

you, Christine

→ Boundaries in Counselling

about your counselling philosophy and approach?
around the role of boundaries within your

main and agree boundaries with new clients (e.g.,
time)?

example of a time when time boundaries (session
length) were significant?

reach physical space and touch in terms of

reach to digital and online boundaries?

decide when or how much to disclose about yourself

page boundaries around money, cancellations, and
fees?

have you faced in maintaining boundaries, and
what did you do?

in example of a situation where boundaries were
challenged?

work, with endings, both planned and unplanned?
lance flexibility and firmness when it comes to

vision and self-care support you in maintaining
boundaries?

consequence to boundaries changed across your career?

• write analysis for each
• how many more does
all time

• explain the four themes
would be less successful,
communicated to read more
be needed if analysis
same question but you
and you quotes are used
when you interpret them

B.C.15

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I acknowledge the use of Primo Research Assistant

(https://librarysearch.uwtsd.ac.uk/discovery/researchAssistant?vid=44WHELF_UWTSD:44WHELF_UWTSD_VU1) on 4th November 2025 to assist finding research using the prompts:

1. how do counsellors set boundaries with a client?
2. how do counsellors know to trust a client?
3. how does the humanistic approach to counselling deal with boundaries

I confirm that I have not presented any AI generated text as my own work. I confirm that I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.