

Multiple Relationships - Additional Points

- The prohibition of dual relationships may be unconstitutional as it may infringe on people's constitutional rights of freedom of association.
- Exploitative therapists will exploit with or without dual relationships.
- Avoiding all dual relationships keeps therapists in unrealistic and inappropriate power positions, increasing the likelihood of exploitation.
- The prohibition of dual relationships leads to increased isolation, which has several serious ramifications:
 - Isolation can increase the chance of exploitation of clients by therapists.
 - Isolation in therapy may reduce effectiveness because client's difficulties, which were often caused by familial/childhood isolation, often cannot be healed by further therapeutic isolation.
 - Isolation forces the therapist to rely on the client's report as the main source of knowledge. Therapeutic effectiveness can be diminished by excluding collateral information and by exclusive reliance on a client's subjective stories.
- Not all therapeutic approaches disparage dual relationships. The most practiced and empirically based approaches, such as Behavioral, Humanistic, Cognitive, Family Systems, Group and Existential therapy, at times see dual relationships as an important and integral part of the treatment plan.
- Most graduate and post-graduate education not only instills fear of licensing agencies and lawsuits, but also delivers inadequate instruction in personal integrity, individual ethics, and how to navigate the complex issues of boundaries, duality, and intimacy in therapy.
- Introducing dual relationships may alter the power differential between therapists and clients in a manner that can facilitate better health and healing.

<https://www.zurinstitute.com/boundaries-dual-relationships/>