

BOUNDARIES ARE US:

Promoting Healthy Boundaries for Awesome Learning Environments for ALL

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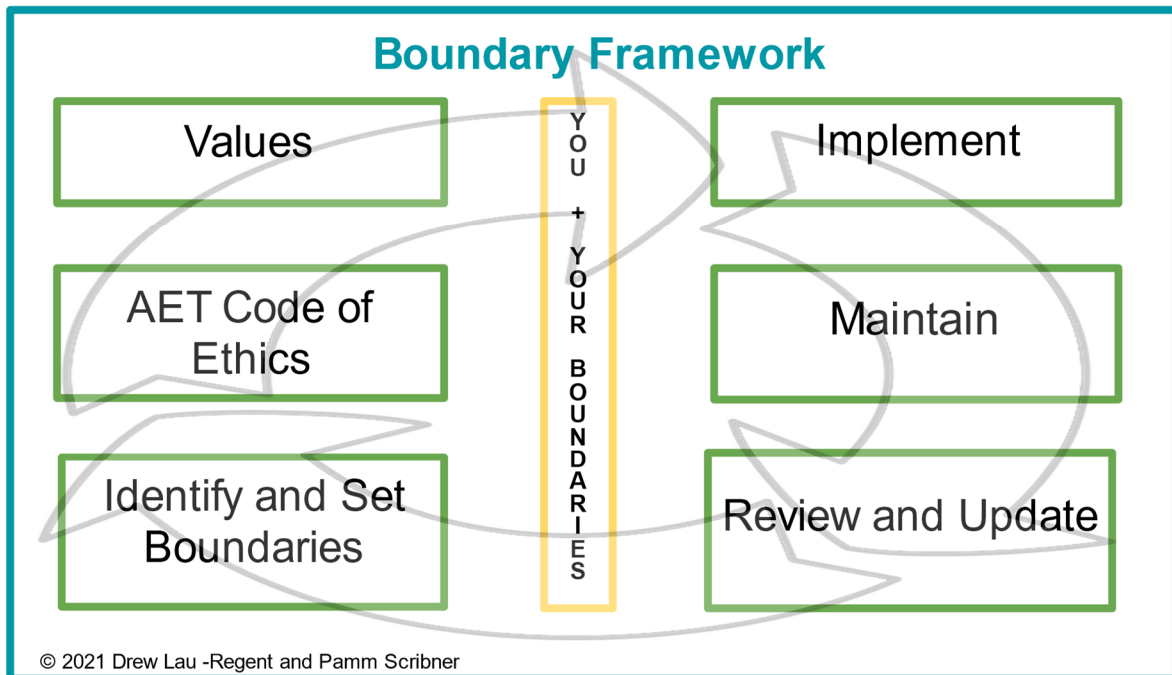
Boundary Success Team

November 2022

Learning Outcomes

1. Demonstrate knowledge on how to navigate the Boundary Framework's six components
2. Identify boundaries that support one core value
3. Describe how to implement boundaries
4. Specify how to maintain and revise boundaries

Boundaries Framework



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Values Identify 1 core value	Sample Values (Brown) <ul style="list-style-type: none">● authenticity● balance● courage● diversity● family● financial stability● growth● making a difference● perseverance● respect● understanding● well-being
CASE STUDY: FAMILY List 3 Behaviors that support the value	<ol style="list-style-type: none">1. family time2. meals together3. afterschool events
CASE STUDY: FAMILY List 3 “slippery” behaviors to be aware of	<ol style="list-style-type: none">1. work calls during dinner2. working on weekends3. work issues during family time
YOUR Case Study: List 3 Behaviors that support the value	<ol style="list-style-type: none">1.2.3.
YOUR Case Study: List 3 “slippery” behaviors to be aware of	<ol style="list-style-type: none">1.2.3.

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Code of Ethics aetonline.org

The Association of Educational Therapists is an international professional organization for educational therapist providing leadership, professional development, and resources to members, clients, allied professionals, and the public.

- Vision: AET envisions a socially just world where all learners reach their innate potential, appreciate their unique abilities, and thrive.
- Mission: The Association of Educational Therapists' mission is to benefit society by serving individuals with learning challenges, advancing the profession of educational therapy worldwide, establishing ethical standards, and providing certification.
- Core Values: AET values
 - ethics, integrity, education, and training at the highest level throughout one's professional career.
 - communication and collaboration between members, clients, families, educators, and allied professionals, and fosters partnerships with universities, related organizations, and government agencies.
 - inclusivity and embraces the fact that all people and situations are unique, and each will be welcomed with care, trust, and consideration.
 - Diversity and is commitment to social equity and justice.

Our CASE STUDY for COE to model the Value: Family Section One 2. E. Seek assistance, including the services of other professionals, in instances where personal problems threaten to interfere with job performance	YOUR CASE STUDY:
Responsibility to self and others	YOUR CASE STUDY:
Maintain confidentiality	YOUR CASE STUDY:
Set realistic expectations	YOUR CASE STUDY:

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<p>Boundary Types Structural</p> <ul style="list-style-type: none"> ▪ Timeliness ▪ Waiting Room ▪ Fees 	<p>YOUR CASE STUDY:</p>
<p>Interpersonal</p> <ul style="list-style-type: none"> ▪ Gifts ▪ Self-disclosure ▪ Physical Contact 	<p>YOUR CASE STUDY:</p>
<p>Healthy vs unhealthy</p> <ul style="list-style-type: none"> ▪ Healthy ▪ Unhealthy ▪ Self-compassion 	<p>YOUR CASE STUDY:</p>
<p>Emotional</p> <ul style="list-style-type: none"> ▪ Keep your Power ▪ Flexibility 	<p>YOUR CASE STUDY:</p>
<p>Implement your Boundaries Live into your values</p>	<p>YOUR CASE STUDY:</p>
<p>Live your contract and agreement</p>	<p>YOUR CASE STUDY:</p>
<p>Live the 5 C's of Communication</p> <p>#1 - Be Clear</p> <p>Communicate issues directly w/o reacting emotionally, judgmentally, or defensively.</p>	<p>OUR CASE STUDY: <u>Family</u> is our value.</p> <p>We can say:</p> <p><i>My contract states that the office closes at 5 o'clock p.m.</i></p>
<p>#2 - Be Concise</p>	<p>OUR CASE STUDY: <u>Family</u> is our value.</p> <p>We can say:</p>

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<p>Keep your requests direct, simple, and to the point.</p>	<p><i>I appreciate you wanting me to work with your child, however, I have family priorities that I value.</i></p>
<p>#3 - Compelling Request</p> <p>Once you make a request to reinforce or maintain a boundary, you are in negotiations [which is a good situation to be in].</p>	<p>OUR CASE STUDY: <u>Family</u> is our value.</p> <p>We can say:</p> <p><i>What other times could your child be available?</i></p>
<p>#4 - Be Curious</p> <p>Once you make a request, listen and be curious about the other person's issues and objectives. It is not at about YOU [at least not at this point in time].</p>	<p>OUR CASE STUDY: <u>Family</u> is our value.</p> <p>We can say:</p> <p><i>Tell me more about the situation please.</i></p>
<p>#5 - Be Compassionate</p> <p>When a person feels HEARD, they tend to open up more and feel safer and more secure in the conversation. Strive to negotiate a win for BOTH parties by considering the other person's perspective.</p>	<p>OUR CASE STUDY: <u>Family</u> is our value.</p> <p>[This is a point where we could combine the C's.]</p> <p>We can say:</p> <p><i>It appears that there is not a time that works for both of us. I could help you find someone who has the time frames you are looking for.</i></p>

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<p>Implement YOUR Boundaries Case Study with the 5 C's</p> <p>YOUR VALUE:</p>	<p>Be Clear</p> <p>Be Concise</p> <p>Compelling Request</p> <p>Be Curious</p> <p>Be Compassionate</p>
<p>Maintain your Boundaries</p> <p>Go forth in your practice</p>	<p>Continue to use what you set-up. What would support you in maintain your boundaries?</p>
<p>Holistically follow your contract / agreement</p>	<p>How are you going to do this?</p>
<p>Be aware of flexibility vs rigidity</p>	<p>Where is a place where you feel you are too flexible or too rigid?</p>

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Review and Update your Boundaries At least annually or when something is not working	When will you set time to review your boundaries?
Study feedback from others	How will you collect and study feedback?
Review the related value	How did your boundaries uphold your values?
Revise a specific boundary if warranted	Who will you bring in to support you in this process?
Update contract, agreement, webpage	When will you set time aside to do this?
End worksheet	Your Notes / Comments: