

Maintaining Healthy Boundaries with At-Risk Youth

Curriculum Overview

Well defined boundaries between provider and consumer of services are vital to effective outcomes when working with at-risk youth. However, the concept of healthy boundaries is not always clear. While several ethical guidelines and standards are explicit - “therapy never involves sex with a client”, personal space, mental, and emotional boundaries are not always so apparent. Boundaries can also vary by culture and ethnicity, and by provider role.

This curriculum is designed for multidisciplinary groups that include program managers, case managers, social workers, marriage and family therapists, psychologists, physicians, and any professional interested in work with at-risk youth.

Presenter’s Goals:

1. To clarify boundary types: physical, mental, and emotional.
2. To identify signs of unhealthy boundaries and distinguish ethics from risk management.
3. To process establishing and reinforcing healthy boundaries.

Participants Objectives:

1. Participants will be able to recognize the importance of boundaries in their work with challenging clients.
2. Participants will be able to identify common manipulations used by some clients that can lead to unhealthy behaviors affecting boundaries.
3. Participants will learn strategies for establishing and maintaining healthy boundaries, and what to do if they find themselves in unclear territory.

Learning Methods:

- Power point lecture and class discussion
- Case vignettes, handouts and references
- Role plays

Length of training: 4 hours

Free CEUS for LCSWs and MFTs plus certificates of attendance