



## PERSPECTIVES, INC.

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### MAINTAINING HEALTHY BOUNDARIES

Volunteers working for Perspectives, Inc., must be aware of the personal boundaries that are acceptable when working with the clients and children.

#### **DEFINITION OF BOUNDARIES**

Boundaries are the limits that allow for the safe connection based on the clients' needs. When these limits are altered, what is allowed in the relationship becomes ambiguous. Such ambiguity is often experienced as an intrusion into the sphere of safety. The pain from a violation is frequently delayed (and may not occur at all), and the violation may not be recognized or felt until harmful consequences emerge.

#### **PIT-FALLS OF BOUNDARIES**

- Dual relationships (i.e. dating) clients, colleagues or superiors.
- Personal sharing or dumping your own problems on the client.
- Making your own rules, altering your limits and seeing yourself as unique, above or superior to the rules. Feeling victimized, unsupported, or misunderstood.
- Grandiosity, the "I am the only one who can help you" syndrome.
- Presence of conditions conducive to *BURNOUT*: the constant pressure to do more with less. Using work to satisfy your needs.
- promising the client loyalty and availability when you cannot always be available and the only one there for them.

**I HAVE READ AND UNDERSTAND THE IMPORTANCE OF MAINTAINING HEALTHY BOUNDARIES.**

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Volunteer Signature

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Date

\*Information presented at the Interagency Volunteer Cooperative training session entitled, "Boundaries Aren't Brick Walls" by Kristy Lang-Mithel of Hospice of the Red River Valley; January 15, 1996.