Professional Boundaries

Maintaining clear and ethical professional boundaries is paramount for the effectiveness and integrity of the therapeutic relationship. As part of our commitment to providing a safe and therapeutic environment, we have established the following guidelines:

Communication Outside Sessions:
- Communication outside of scheduled sessions should be limited to matters directly related to the therapeutic process.
- Electronic communication (emails, texts) should be used for scheduling and session-related information.

Social Media Interaction:
- Clinicians will not accept friend requests or engage in social media interactions with current clients to uphold confidentiality and professionalism.

Gifts and Personal Relationships:
- Acceptance of gifts by clinicians is discouraged, and personal relationships outside of the therapeutic setting are strictly prohibited to maintain objectivity and professionalism.

Physical Contact:
- Physical contact between the clinician and client is limited to professional gestures such as handshakes and is always initiated with the client's consent.

Dual Relationships:
- Avoidance of dual relationships is crucial. Clinicians will not engage in any relationship that could compromise the therapeutic alliance.

Termination of Therapy:
- The termination of therapy is conducted professionally, and any potential post-termination relationships are carefully considered and discussed.

Crisis Situations:
- In crisis situations, the clinician's primary role is to provide support within the therapeutic framework. Personal involvement beyond the professional scope is strictly avoided.

This Professional Boundaries Policy is designed to ensure a safe, ethical, and respectful therapeutic environment for both clients and clinicians. Clear professional boundaries are essential for maintaining the integrity and effectiveness of the therapeutic relationship. If you have any questions or concerns regarding these boundaries, please feel free to discuss them with your clinician.