

Healthy Boundaries

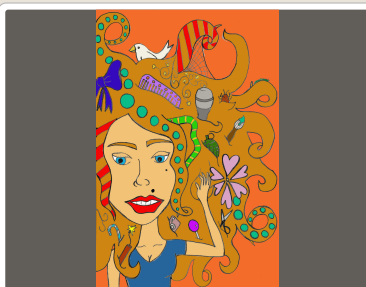
Working with at risk youth and adults

Developed and Presented by Matt Bierds, MA, LPC, LSOTP



" Half of the harm that is done in this world is due to people who want to feel important...they do not mean to do harm...they are absorbed in their endless struggle to think well of themselves. "

— T.S. Elliot

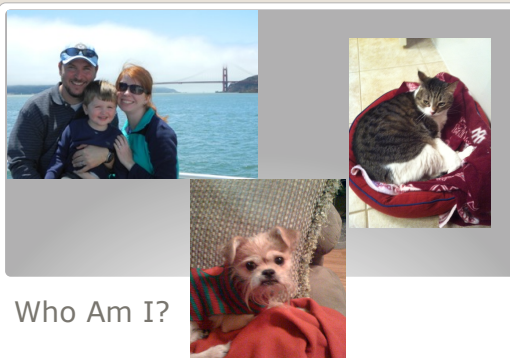


Picture from a former student at Round Rock Opportunity Center

The Juggling Act

- Learn the 5 areas of health, and how they pertain to boundaries.
- Identify manipulation through loss of boundaries
- Simple tools to remain "level headed".
- Define specific ways to maintain your health and boundaries.
- Establish a Personal Wellness Plan (PWP).

Goals of the Training



Who Am I?

- Have to role play.
- Be put on the spot.
- Be forced to get up and move.

You will not...

- Feel free to share and communicate
- Stop me and ask questions any time
- Go to the bathroom, or take whatever break you need.
- Be open-minded

Please...

- "Be careful about reading health books. You may die of a misprint."
• Mark Twain



5 Areas of Health

- How should we maintain healthy PHYSICAL boundaries?

- Let's do a quick experiment.



Physical Health

- What are your thoughts on the following physical behaviors/boundaries.
- Any and all feedback is welcome

Let's Discuss...




- Shaking hands and "high fives"



Okay, or not okay?

Okay, or not okay?



Giving hugs

Okay, or not okay?



Hand on shoulder, arm, or back

Okay, or not okay?



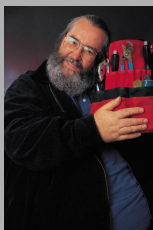
Tickling, other playful touching

Okay, or not okay?




Sexual touching, and all other inappropriate contact

Okay, or not okay?



????



What Unhealthy Boundaries Did You Notice?

Source: <http://www.youtube.com/watch?v=1xTY6DQSiUY&list=PL43A04C768D64FFD5>

- So, what are appropriate physical boundaries?
- How does maintaining our physical health decrease the risk of engaging in inappropriate physical boundaries?
 - What are you currently doing to maintain your physical health?

Physical Boundaries

- How should we maintain healthy MENTAL boundaries?



Mental Health



What do unhealthy mental boundaries look like?

How do we know when we are letting our mental boundaries slip?

"It's not the load that breaks you down, it's the way you carry it."
-Lou Holtz

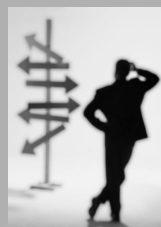
- Continue learning (attend trainings)
- Remain positive
 - Maya Angelou says, "If you don't like something, change it; if you can't change it, change your attitude."
 - What else?

Ways to Maintain Your Mental Health Boundaries



When's the last time you smiled like that??

Emotional Health



What does it mean to be emotionally healthy?

"For the naïve, feelings are merely responses. To the wise, feelings are decisions."
-Ferris, Xandri. "Complete Health: The Other 5 Types of Health". Yahoo, n.d. Web. 9 Sep. 2009.

Are we making decisions based on facts, or feelings?

- What are your weak spots emotionally?
 - How can clients break through your barriers?
 - What are your blind spots?
 - Are there people you should NOT work with?
 - How do clients "pull on your heart strings"?

Emotional Boundaries

- "Don't spend time beating on a wall, hoping to transform it into a door."
 - Coco Chanel
- When you are working harder than your client, something is wrong.

- Ways to maintain healthy emotional boundaries?
 - How do we remove ourselves from our work?
 - What do you do to stay BALANCED emotionally?
 - Avoid all power plays!
 - Maintain emotionally healthy relationships outside of work.
 - What else?

Emotional Boundaries

Remember, this is hard work, and most people will not understand the daily mental struggle. It's not "just talking to people".



Spiritual Health

It could mean religion...

- Christianity
- Buddhism
- Muslim
- Etc.

Or, it could mean...

- Set of values
- Morals
- Meaning to life
- Principles you live by

What is Spiritual Health?

- Practice what you preach
- Follow the "Golden Rule"
- Remember your purpose
- What else?

How do we maintain healthy spiritual boundaries?



Social Health

How do we maintain our social health?

- Good friends
- Hobbies/Activities
- Introvert vs. Extravert
- How do you maintain a healthy social lifestyle?



Maintaining Social Health

What are social boundaries?

- Define and give examples.

What lines should we NOT cross?



Social Boundaries

**Sharing Personal Information:
with Clients and Coworkers**

source: <http://www.youtube.com/watch?v=QENCPs-h-A>

Once boundaries have been crossed (or even broken), manipulation begins.

Manipulation

- What are the different ways clients can manipulate you, or the situation?
- How do you protect yourself from these forms of manipulation?

Manipulation



- Go to your "happy place"
- Empathy
- Remember why you joined the helping profession
- Breathe and relax
- What else??

Tools to Remain "Level Headed"



Maintaining Your Sanity



Not Quite What I Meant



Not this either



Definitely not for me

- Lots of options:
 - Let's list some...

(Think of the 5 Types of Health discussed)

Steps to maintaining your health

- Let's Begin...

Personal Wellness Plan

- WORK
- FAMILY
- FRIENDS
- LEISURE

The Four Roots

- Self-Worth (evaluate your strengths)
- Exercise/Nutrition
- Humor
- Culture
- Spirituality
- Discernment (cognitive and emotional understanding)

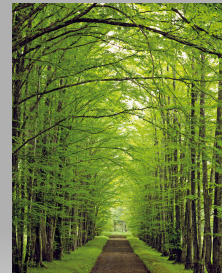
The Trunk

- Take Action:
 - Stress Management
 - Direction
 - Control (Assertiveness)
 - Creativity

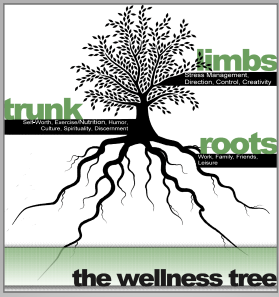
The Branches

- Built by developing strong:
 - Roots
 - Trunk
 - Limbs

(notice how all these trees are interconnected?)



The Wellness Tree



The diagram shows a tree with three main parts labeled in green: 'limbs' at the top, 'trunk' in the middle, and 'roots' at the bottom. Each part has a list of associated concepts in small black text. The 'limbs' list includes: Stress Management, Problem Solving, Decision Making, and Creativity. The 'trunk' list includes: Self-awareness, Emotions, and Personal Growth. The 'roots' list includes: Values, Family, Friends, and Spirituality. Below the tree, the text 'the wellness tree' is written in black.

Why a Tree?

Create Your Plan

- "Be the change that you wish to see in the world."
 - Mahatma Gandhi

Questions???

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Thank You for Your Time

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References