

Boundary Crossings Checklist

Boundary Crossing occur when the behaviour of a regulated member deviates from the accepted boundaries of a therapeutic relationship.

How do you know when you have crossed a boundary? Use the following checklist to assess if you have crossed a boundary with a particular client. If yes, then you may need to take appropriate actions to reset those boundaries.

Do you:

1. Spend time with the client beyond the scheduled appointments or normal office hours?
2. Provide the client with your personal contact information?
3. Communicate and interact with the client after hours using texts, e-mails or social media?
3. Share or disclose personal information about yourself to the client?
4. Swap client assignments to allow more time to be with a particular client?
5. Provide less thorough care for other clients to allow more time for a particular client?
6. Act or feel possessive about the client?
7. Provide a different and better standard of care to that particular client than to the rest?
8. Keep secrets with the client and not share this information with the rest of the team?
9. Respond defensively or guardedly when questioned about interactions with the client?
10. Record and report selectively rather than provide complete record keeping and reporting?
11. Make exceptions to office rules and protocols for the client?
12. Do you exchange more than small appreciation gifts with the client?
13. Deny the client is a client?
14. Deny you have crossed a boundary from a therapeutic relationship to a non-therapeutic relationship?