



# **Boundaries with Others/ Boundaries with Self**

*Essential Skills for Hope and Health*

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CREATING HEALTHY

BOUNDARIES

*We are here today thanks to our Healthy Boundaries.*



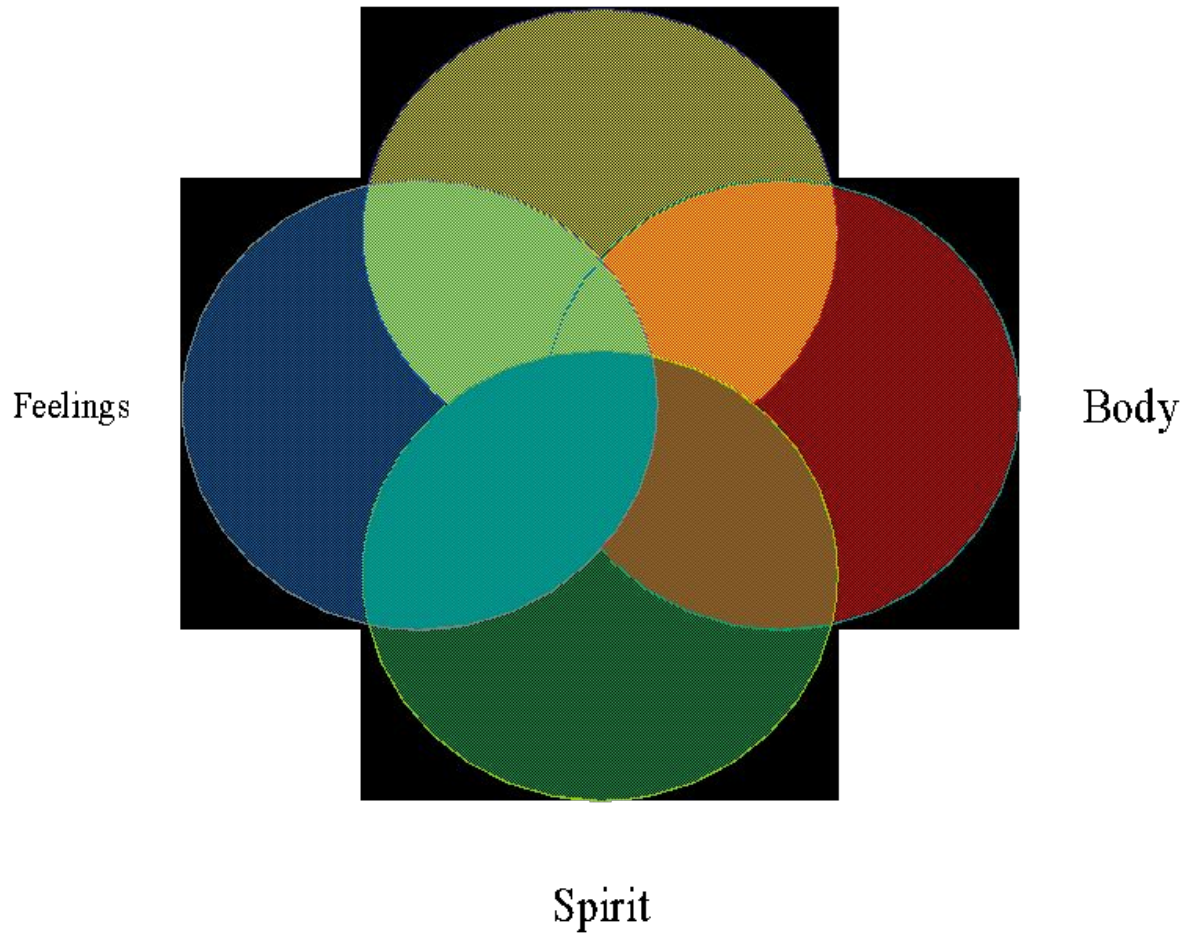
# **MEANING OF HEALTHY BOUNDARIES**

# Healthy Boundaries

- Definitions/ways to think of boundaries
- Boundaries in-play here-and-now
- Benefits of boundaries
- Where to start?  with Self:
  - External vs. internal focus
  - Reactive vs. responsive
- Self-Recovery as your foundation for boundary setting.

# 4 Areas of Self

Mind



*Let's use the NAADAC 2021 Code of Ethics to study the important relationship between Boundaries and Ethics:*

<https://www.naadac.org/code-of-ethics>



*Ethics are in fact all about Healthy Boundaries.*

# **ETHICS OF HEALTHY BOUNDARIES**





# From the Introduction to the NAADAC Code of Ethics

- “Ethics are . . . standards that govern the conduct of a person. Smith and Hodges define ethics as a “*human **reflecting self-consciously** on the act of being a moral being.*”

# From the Introduction to the NAADAC Code of Ethics

- “... we are *all stakeholders* in each other's lives - the *well-being* of each is intimately bound to the well-being of all... When the *happiness* of some is purchased by the unhappiness of others, the stage is set for *the misery of all.*”

# From the Introduction to the NAADAC Code of Ethics

- “Addiction professionals must act in such a way that they would have no embarrassment if their behavior became a matter of public knowledge and would have no difficulty defending their actions before any competent authority.”

# Ethics and Boundaries

## Providing Services

### **within your Job Description:**

- What are the services you provide?
- How often do you see your client?
- How much time do you spend with your client?
- Where do you meet your client?
- How can your client contact you?
- When can they expect to hear back from you?
- Can you have additional relationships with your client?

# NAADAC Code of Ethics

## Principle I: The Counseling Relationship

### I-I Client Welfare

Addiction professionals shall accept their responsibility to ensure the safety and welfare of their client, and shall *act for the good* of each client while exercising respect, sensitivity, and compassion.

# NAADAC Code of Ethics

## Principle I: The Counseling Relationship

### I-4 Limits of Confidentiality

Addiction professionals shall clarify the nature of their relationship with each party, and the *limits of confidentiality*, at the outset of services when agreeing to provide services to a person at the request or direction of a third party.

# NAADAC Code of Ethics

## Principle I: The Counseling Relationship

### I-10 Boundaries

Addiction professionals shall consider the inherent risks and benefits associated with moving the boundaries of a counseling relationship beyond the standard parameters. Providers shall obtain consultation and supervision, and recommendations shall be documented.

# NAADAC Code of Ethics

## Principle I: The Counseling Relationship

### 1-11 Multiple/Dual Relationships

Addiction professionals shall make every effort to avoid multiple relationships with a client.

### 1-22 Exploitation

Addiction professionals shall be aware of their influential positions with respect to clients, trainees, and research participants, and shall not exploit the trust and dependency of any client, trainee, or research participant.



# Ethics and Boundaries

## Providing Services

### **within your Scope of Practice:**

- What types of clients are you qualified to treat?
- What services are you qualified to offer?
- What training have you received to use specific strategies and techniques?
- What supervision are you receiving to help you offer qualified and effective services?



# NAADAC Code of Ethics

## Principle III: Professional Responsibilities and Workplace Standards

### III-13 Scope of Practice

Addiction professionals shall only provide services within their scope of practice and competency, and shall only offer services that are science-based, evidence-based, and outcome-driven.



# NAADAC Code of Ethics

## Principle III: Professional Responsibilities and Workplace Standards

### III-14 Boundaries of Competence

Addiction professionals shall only practice within the boundaries of their competence. Competence shall be established through education, training, skills, and supervised experience, state and national professional credentials and certifications, and relevant professional experience.

# Ethics and Boundaries

## Providing Services

### **within your Personal Resources of Time, Energy, Spirit, and Health:**

- How is your health? Are you taking care of it?
- Do you consider your self as you work with others?
- Are you walking the talk?
- Do you offer more than you have time or resources for?
- Is your work causing your problems in other areas of your life?
- Is your life causing you problems in your work?

# NAADAC Code of Ethics

## Principle III: Professional Responsibilities and Workplace Standards

### III-18 Self-Monitoring

Addiction professionals shall continuously self-monitor in order to meet their professional obligations. Providers shall engage in self-care activities that promote and maintain their physical, psychological, emotional, and spiritual well-being.

# NAADAC Code of Ethics

## Principle III: Professional Responsibilities and Workplace Standards

### III-37 Impairment

Addiction professionals shall recognize the effect of impairment on professional performance and shall seek appropriate professional assistance for any personal problems or conflicts that may impair work performance or clinical judgment.

*Boundary setting can be challenging. That's why we'll study it in three parts:*

- *Discerning your Boundary*
- *Expressing your Boundary*
- *Living with your Boundary*

# **SETTING HEALTHY BOUNDARIES**

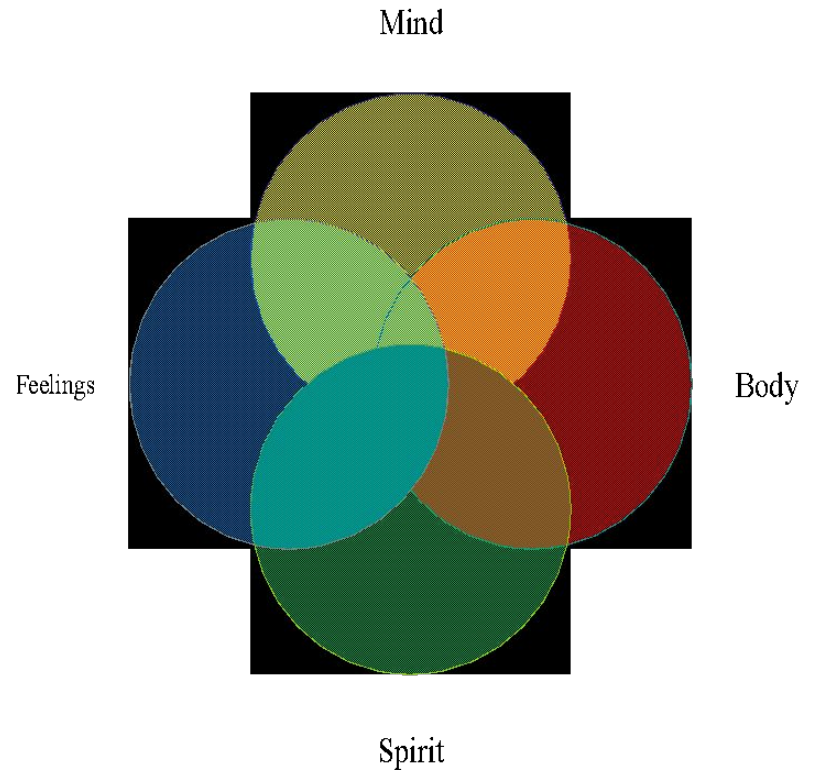
# Part I: Discerning Your Boundary





# Part I: Discerning Your Boundary

- Slow down
- Listen to your 4 Areas of Self
  - Thoughts
  - Feelings
  - Body
  - Spirit



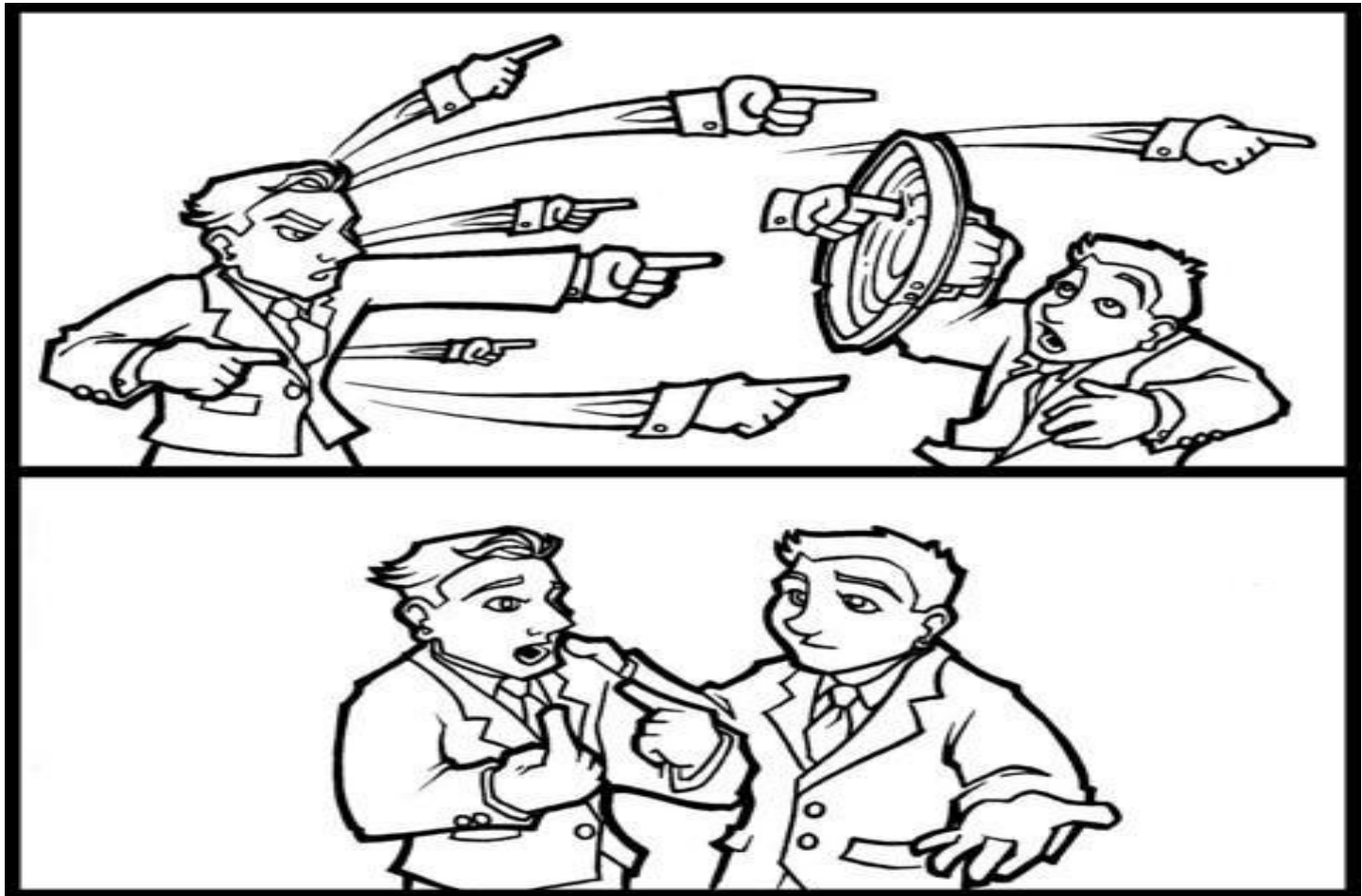
# Part I: Discerning Your Boundary

Respond to your 4 Areas of Self by:

- Creating your “I” statement – a statement which is the boundary you have decided is true for you.
- Edit your “I” statement
- Rehearse your “I” statement



# Part 2: Expressing Your Boundary Assertively



# ASSERTIVENESS TRAINING

*More on the strength of your "I" statement*

## Continuum of Expressive Behaviors (Johnston, 1995)

Continuum of Behaviors

PASSIVE	ASSERTIVE	AGGRESSIVE
<ul style="list-style-type: none"> <li>withdraws</li> <li>avoids</li> <li>hides</li> <li>silent</li> <li>goes along</li> </ul>	<p>"I" statements clearly expressing your feelings, needs, thoughts.</p> <p>Elaborate justifications and explanations are not needed.</p> <p>"Broken record": Repetitions of your "I" statements may be the best way to respond to invitations and/or attacks to move your from your stated position.</p>	<ul style="list-style-type: none"> <li>forceful, pushy</li> <li>selfish</li> <li>hits</li> <li>yells</li> <li>threatens</li> <li>pushes</li> <li>breaks things</li> <li> curses</li> <li>name calls</li> <li>"You" statements</li> <li>accuses</li> <li>falsely accuses</li> </ul>
Your emotions are ignored or not acknowledged.	You remain aware of your emotions and they are under your control.	Your emotions are out of your awareness and your control.
Your behavior shows no respect for yourself of the other.	Your behavior shows respect for yourself and the other.	Your behavior shows no respect for yourself or the other.

Compiled by Nancy L. Johnston, Licensed Professional Counselor, Staunton and Lexington, Virginia



## Part 2: Expressing Your Boundary Assertively

- Express your boundary in a statement not a question
- Don't over-explain your reasons for your boundary
- Be aware of your self – your tone, your feelings, repeating your self



## Part 2: Expressing Your Boundary Assertively

- Stick with your boundary
- Stick with the specific topic
- Stay in the present not pulling in old issues





## Part 3: Living with Your Boundary



# GUILT MANAGEMENT

*More skills to support you  
and your boundary*



# Guilt Management

- Guilt can be healthy or unhealthy. It can also be merited or unmerited.
- If we are carrying the burden of unhealthy/unmerited guilt, we can lighten our load through intentional re-thinking, practice, and patience using some of the following ideas:

# Guilt Management

- **Recognize** what you *have* done.
- **Appreciate** what you *have* done.
- **Be careful of all-or-nothing thinking.**

# Guilt Management

- **Be aware of other feelings** you may be having.
- **Re-mind** your self of why you said “no” or took the stand that you did.
- **Re-mind** your self that is **okay and important** to take care of **your own needs**



## Part 3: Living with Your Boundary

- Listen but be careful not to over-defend your choices
- Keep returning to your “I” statement to anchor you
- Remember your reasons for your boundary

## Part 3: Living with Your Boundary

- Employ your **Guilt Management** skills to center you
- Know when to stop participating in a conversation about your boundary
- Stop





# When your Boundaries are Challenged

- Remain **assertive** vs. passive or aggressive
- Know what you will do if your boundaries cannot be respected – not a threat but an **honest action** on your own behalf
- Use your **Guilt Management** skills
- Be ready to take action on your own behalf in a **centered** vs. retaliatory way





# Respecting the Boundaries of Others

- Recognize when you are **pushing back** against someone else's boundaries – or want to
- Remember they have **their reasons** for their boundaries which may be different from yours or not be in sync with what you would like

# Respecting the Boundaries of Others

- **Respect** the other person's choices
- **Re-center** in you
- Then **re-group** in ways/things you have control of



# TAKEAWAYS

