

## Outline

### Ethical and moral principles regarding boundary setting

- Levels of ethical practice
- Ethical decision making

### The need for boundaries in a clinical/private practice setting

- What is needed in a sound informed consent
- Boundary crossing and the necessity of dual relationships
- What healthy boundaries looks like
- Boundary tips

### Technology and boundary setting

- Keeping clients safe as you prepare for the use of telemental health
- Social media myths and boundary setting
- Marketing and boundary setting
- Challenges business owners face in setting solid business enhancing boundaries
- Client retention: When to refer and to whom

### Ethical financial dilemmas and boundary setting

- Addressing money: Relationship with money and money beliefs
- The importance of ethical fee setting
- Knowing your WHY and business planning

### How counselor impairment impacts the therapeutic relationship

- Boundary setting in self-care
- Critical stress factors clinicians face
- Self-confidence and using the word NO to set boundaries
- How burnout, vicarious trauma and compassion fatigue impacts the therapeutic relationship

### Explore positive outcomes in private-practice/clinical work

- Benefits of boundary setting to the clinician, client, community and the profession

## Objectives

1. Establish how the ACA Code of Ethics applies to boundary setting in private practice/clinical practice.
2. Consider ethical dilemmas clinicians face surrounding boundary setting with respect to utilizing technology with clients in clinical practice.
3. Articulate the financial burdens clinicians experience that could cause ethical dilemmas in clinical practice.
4. Establish ethical practices to ensure client safety, maintain confidentiality and obtain informed consent when utilizing telemental health services.
5. Determine how counselor impairment influences the therapeutic relationship and identify ethical strategies to minimize the potential impact on the client.
6. Establish clear ethical guidelines to address the potential for a dual relationship with a client in a clinical setting.

### Target Audience:

Counselors • Psychologists • Social Workers • Psychotherapists  
Addiction Counselors • Therapists • Marriage & Family Therapists  
Case Managers • Other Mental Health Professionals • Nurses



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# Boundary Setting in Clinical Practice

## The Best Ethical Practices

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# Boundary Setting in Clinical Practice

## The Best Ethical Practices

- Resolve boundary conflicts and ethical dilemmas in business and with clients
- The importance of utilizing the word NO
- Social Media myths and boundary setting
- Learn and develop skills for boundary setting around self-care

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Ethics

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# Boundary Setting in Clinical Practice

Are you having trouble saying “No” to clients?

Do you struggle with establishing and maintaining healthy boundaries?

Do you avoid setting boundaries for fear of losing a client?

As clinicians we come face to face with “gray areas” on a daily basis and skate around potential issues that could put our businesses, clinical work or clients in jeopardy. We struggle with setting boundaries personally and professionally and it ultimately has a negative impact on the clients we serve.

Latasha Matthews MA, LPC, CPCS, CPLC will use activities, vignettes and practical business experience to discuss the boundary issues and dilemmas that exist (and are often overlooked and swept aside) that could impact your business, your bottom line and your clients. Develop the confidence needed to address complex boundaries issues in clinical practice.

## Speaker

**Latasha Matthews, MA, LPC, CPCS, CPLC**, specializes in private practice development and counselor development. She is the author of *The Dumping Ground: A Guide to Gaining Powerful Skills to Set Life-Changing Boundaries*. In addition, Ms. Matthews is an adjunct professor at Shorter University, Atlanta and the owner of Illumination Counseling and Coaching, LLC. She is the co-founder of Pieces that Fit, Inc. a 5013(c) organization that provides support for cultural diversity, mental health, academic success and life skills.

With over 20 years of experience in the human services field, Ms. Matthews has a wealth of knowledge, experience and passion that she loves to share with the world. She develops and conducts several workshops and educates counselors across the nation. She provides consultation, mentorship and internships to clinicians as often as she can. She serves as a committee member on the board for certified professional counselor supervisors from the State of Georgia.

Ms. Matthews earned her Bachelor of Science degree from the University of Akron, in Human Resources and her MA in Professional Counseling and Certificate in Marriage and Family Therapy from Argosy University. Her professional memberships include the American Counseling Association, Association for Counselor Education and Supervision, Southern Association for Counselor Education and Supervision, Licensed Professional Counselors Association of Georgia, *Chi Sigma Iota*.

Speaker Disclosure:

Financial: Latasha Matthews is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Latasha Matthews is a member of the American Counseling Association; and Licensed Professional Counselors Association of Georgia.

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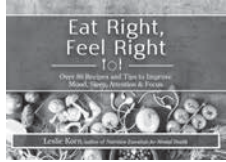
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By Leslie Korn, PhD, MPH, LMHC

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By Susan Lewis, Ph.D., J.D.

Psychologist and attorney Susan J. Lewis, PhD, JD, brings her 25 years of clinical practice and legal expertise directly to you - with practical guidance, strategies, solutions and up-to-date information to help keep you out of court and jail. Dr. Lewis uses easy-to-understand language to step you through the legalese, highlighted by 30 engaging case examples to illustrate how you can overcome legal and ethical challenges that arise in your practice.

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**8:00** Program begins

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**4:00** Program ends

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