

Boundary Crossings and Dual Relationships in Psychotherapy

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I. Boundary Crossings and Boundary Violations In Therapy

- ◆ **Boundaries**
- ◆ **Boundary crossings and boundary violations**
- ◆ **Boundary violations in therapy are different from boundary crossings**
- ◆ **Harmful boundary violations**
- ◆ **Boundary crossings**
- ◆ **Ethics codes**
- ◆ **Therapeutic orientations,**
- ◆ **boundary crossings are unavoidable and expected**
- ◆ **Different cultures**
- ◆ **Not all boundary crossings constitute dual relationships.**
- ◆ **unfounded belief about the 'slippery slope'**
- ◆ **'sexualizing boundaries.'**
- ◆ **borderline personality disorders,**
- ◆ **according to the client's unique needs**

II. Dual Relationships in Psychotherapy

DEFINITION:

Dual relationships, or multiple relationships, in psychotherapy refer to any situation where multiple roles exist between a therapist and a client. Examples are when the client is *also* a student, friend, family member, employee or business associate of the therapist.

- ◆ Non-sexual dual relationships are not unethical or illegal.
- ◆ Dual relationships are often unavoidable
- ◆ Non-sexual dual relationships do not necessarily lead to exploitation, sex or harm
- ◆ Almost all ethical guidelines do not mandate a blanket avoidance of dual relationships.
- ◆ Exploitative therapists will take advantage with or without restrictions
- ◆ There are several types of dual relationships:
 - 1) A social dual relationship is
 - 2) A sexual dual relationship is
 - 3) A professional dual relationship
 - 4) A business dual relationship is
 - 5) Communal dual relationship
 - 6) Institutional dual relationships
- ◆ Dual relationships can be avoidable, unavoidable or mandated: **Voluntary-Avoidable:**
 - Unavoidable:**
 - Mandated:**
- ◆ Dual relationships can be concurrent or sequential: A concurrent dual relationship
A sequential dual relationship
- ◆ There are several levels of involvement of dual relationships: **Incidental Encounter:**
 - Overlapping:**
 - Multiple:**
- ◆ isolation
- ◆ therapeutic approaches
- ◆ fear

III. Clinical Recommendations

context

- ◊ Client factors:
- ◊ Setting factors:
- ◊ Therapy factors:
 - ◊ Therapist factors:
 - treatment plan

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- ◆ Do not let fear of lawsuits, licensing boards or attorneys
 - ◆ to provide help, not to practice risk management.
 - ◆ Do not enter into sexual relations
 - ◆ treatment planning
- ◆ Consult
 - ◆ clinical, ethical and legal
 - ◆ be aware of your own needs
 - ◆ Remember you are paid to do a job, not to protect yourself or practice risk management.
 - ◆ Discuss
 - ◆ office policies
 - ◆
 - ◆ ethical guidelines
 - ◆ questions
 - ◆ records
 - ◆ treatment plans
- ◆ Model civility, integrity, emotionality, humanity, courage and, when appropriate, duality.

Online Free Resources & Online Courses on Boundaries and Dual Relationships in Psychotherapy

Available from:

WWW.DRZUR.COM

The Free Online Articles and Online Courses include:

- ◆ Bartering
- ◆ Boundaries in Therapy
- ◆ Dual Relationships
- ◆ Gifts
- ◆ Home Office
- ◆ Out-Of-Office Experiences - Home or hospital visits, adventure therapy, anorexic lunch, attending a wedding, etc.
- ◆ Professional Will
- ◆ Risk of Risk Management - Ethical approach to risk management
- ◆ Self-Disclosure
- ◆ Standard of Care
- ◆ Subpoena
- ◆ Codes of Ethics on Boundaries, Dual Relationships, Bartering, Touch, Gifts, Etc.
- ◆ Touch in Therapy
- ◆ *Links to other online resources*
- ◆ *Links to all Codes of Ethics of major professional associations*



The content of this brochure is adapted, in part, from:
). *Dual Relationships & Psychotherapy*

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