

Negotiating Boundaries with Compassion and Collaboration



1. What Happened (complete individually to share with partner)	
Brief Description of Boundary	
Client Perspective in a few words	
IHS Perspective in a few words	
Strategy used to communicate boundaries	
What went well	
What Could Have Gone Better	

2. Practicing Skills (develop with partner)	
Validation of feelings/needs/experience	
Affirmation of strengths/values/work	
Double sided reflection	
Reframe	

3. Developing Strategies (use ideas from group or other ideas with partner)	
Strategy 1	
Strategy 2	





Activity Prompts

Part 1 – Brainstorm and Discussion

1. Boundaries: review the concept with group discussion
 - a. When are they necessary
 - b. Why important
 - c. Why can they be problematic
 - d. Why is compassion and collaboration important in the process
2. Strategy Brainstorm: elicit ideas from group - write all on white board. Divide into “good/no so good” spectrum. Discuss each one, role play or explain if needed.
 - a. Some important ones: make exception, validate, refer to appropriate resource, role definition, take a breather/give time, refer to agency policy
 - b. Some not so good ones: placate, argue, educate, explain,
3. Complete #1 on handout
 - a. Think of a recent time you had to negotiate boundaries with a client, family or friend (that you are comfortable sharing with the group).
 - b. Enter in the info re: that interaction onto the 1t half of this sheet.
4. Hand paper to partner and review situation with partner.
5. Pairs: interview each other to develop helpful validation, affirmations, reframes and double sided reflections.
 - a. Allow the staff who is telling the story to develop these, provide suggestions only if asked (use EPE).
6. Pairs: discuss each case separately. Collaborate to develop helpful strategies for the situation.

Part 2 – Role Play

1. Review EPE
2. Put this into a role play with your partner with an aim on practicing
 - a. Help each other learn, give suggestions if needed
 - b. Try both strategies or a completely different strategy.
3. After each role play, client uses EPE to give feedback.

