Boundaries, Dilemmas, and Awareness

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Boundaries, Dilemmas, and Awareness

Molly Clark, Ph.D., ABPP
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Disclosures

Both presenters have no conflicts to disclose
Goals and Objectives

• Participants will be able to summarize situational factors that lead to difficulty setting boundaries.
• Participants will be able to identify how ethical dilemmas can arise from our inability to say no.
• Participants will be able to evaluate how diversity and cultural factors may impact our ability to set boundaries.
Guidelines - Please Participate

• Be Fully Present.
• Speak Your Own Truth (I messages).
• Listen for What has Heart and Meaning.
• Tell Your Own Truth Without Blame of Judgment.
• Be Open to What Emerges.
Background Video

• http://sho.co/17SMD
Stories

• Sharing our own Dilemmas
• Take 5 minutes to write down your own
  – Who
  – What
  – When
  – Where
  – How
Models for Analyzing Dilemmas

• Johari Window  (Luft and Ingham)
• Emotional Intelligence
• Bion
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Johari Window: Luft and Ingham

- Public
- Blind
- Secret
- Hidden

Known

Other

Unknown

Self

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Expanding Field of Shared Understanding

- Public
- Secret
- Hidden
- Blind

Known
- Disclosure
- Exploration
- Feedback

Unknown

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Emotional Intelligence

SELF

SELF-AWARENESS
- Emotional Self-awareness
- Accurate Self-Assessment
- Self-Confidence

RECOGNITION

SELF-MANAGEMENT
- Self-Control
- Transparency
- Adaptability
- Achievement Drive
- Initiative

RELATIONSHIP MANAGEMENT
- Inspirational Leadership
- Developing Others
- Influence
- Change Catalyst
- Conflict Management
- Building Bonds
- Teamwork & Collaboration

SOCIAL

SOCIAL AWARENESS
- Empathy
- Organisational Awareness
- Service Orientation

REGULATION

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Bion – Group Process

• B – Boundaries
• A – Authority
• R – Role
• T - Task
Poll

• This poll is designed to help participants consider personal factors that may or may not contribute to dilemmas.
• All responses are anonymous
• No individual responses will be shared
• Group collective responses will be used to help facilitate discussion
Poll Everywhere Instructions:

• Using your cellphone browser:
  – Go to: pollev.com/mollyclark500
How does a dilemma happen?

- Establishment of a relationship
- Increasing awareness of pitfalls
  - Medical versus Behavioral Science Culture
  - Culture in a broader context
Thinking about Relationships

- What constitutes a healthy relationship?
- What constitutes an unhealthy relationship?
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http://counseling.uoregon.edu/DNN/Portals/0/healthyrelationships2.jpg

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Boundary Considerations in the Culture of Family Medicine

- Structural Family Therapy Model (Sharf, 1999)
An Interesting Study on Self-Evaluations and Job Performance

- Grant AM and Wrzesniewski A. I won’t let you down...or will I? Core self-evaluations, other orientation, anticipated guilt and gratitude, and job performance. J of Applied Psy. 2010; 95(1), 108-121.
Thinking Differently about Others

- Givers
- Takers
- Matchers
Reflections on Broad Cultural Factors

- Regional Differences
- Gender
- Ethnic and Other Minority Groups
  - HB 1523
Discussion of Survey Results
Practice
Small Group Activity

• Gather in to groups of four
• Write about a time that you struggled with setting a boundary. Include the emotions you experienced.
• One at a time, read (word for word) your story.
• Identify any themes that emerged.
Large Group Activity

• Discussing the results from our small groups
• Take home points