

# Boundaries, Dilemmas, and Awareness

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# Boundaries, Dilemmas, and Awareness

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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 or 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

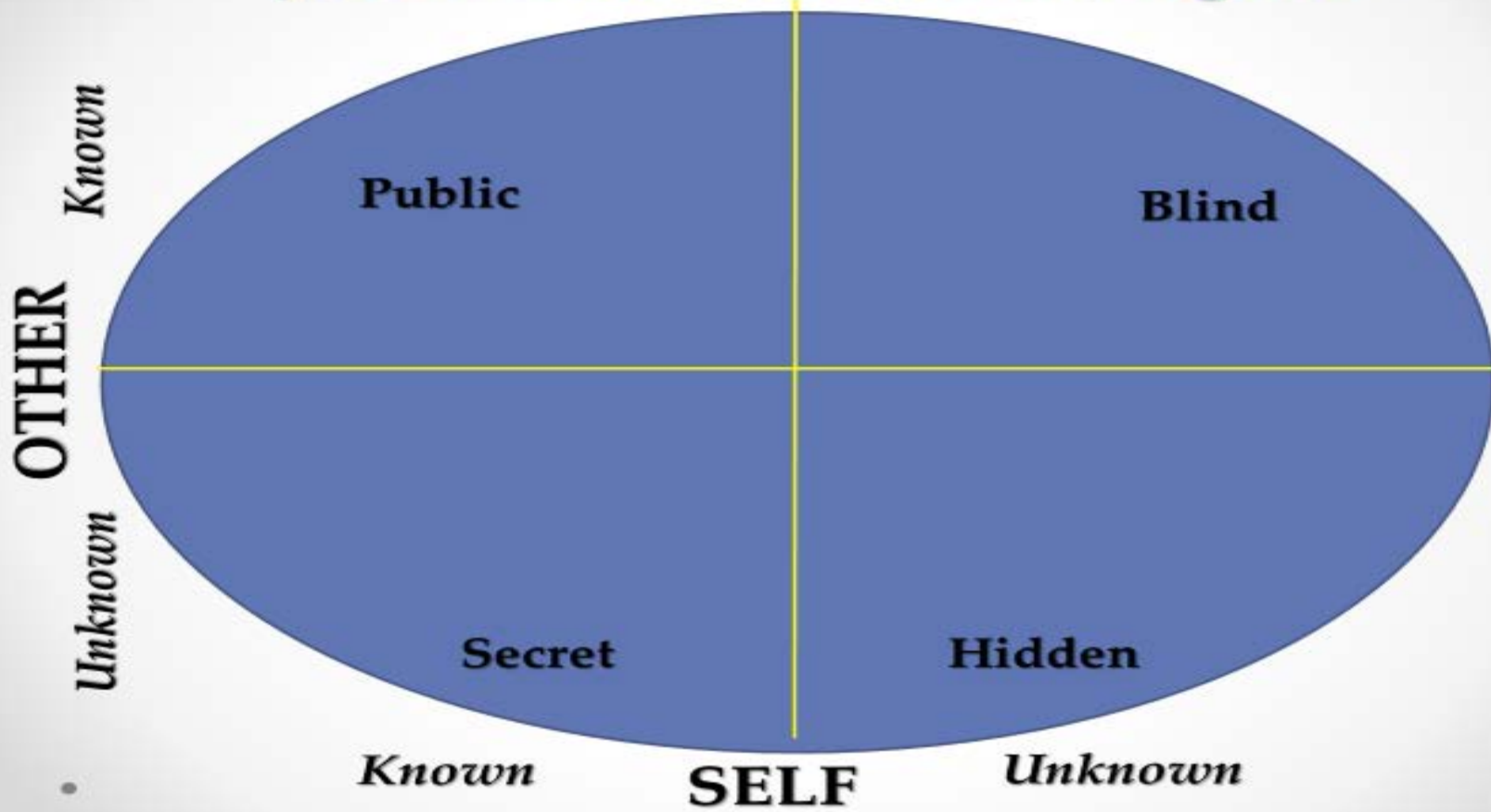


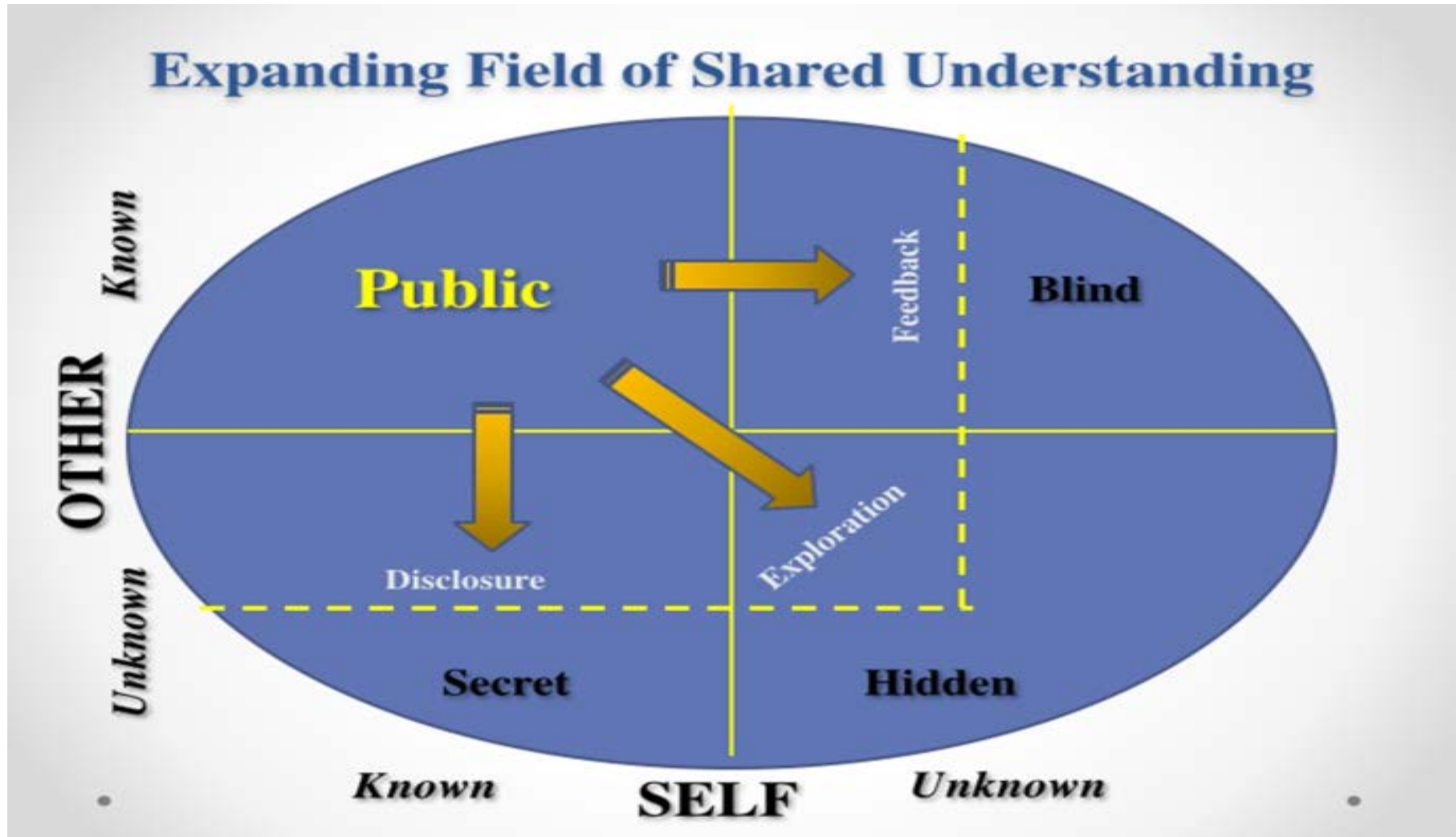
# Models for Analyzing Dilemmas

- Johari Window (Luft and Ingham)
- Emotional Intelligence
- Bion

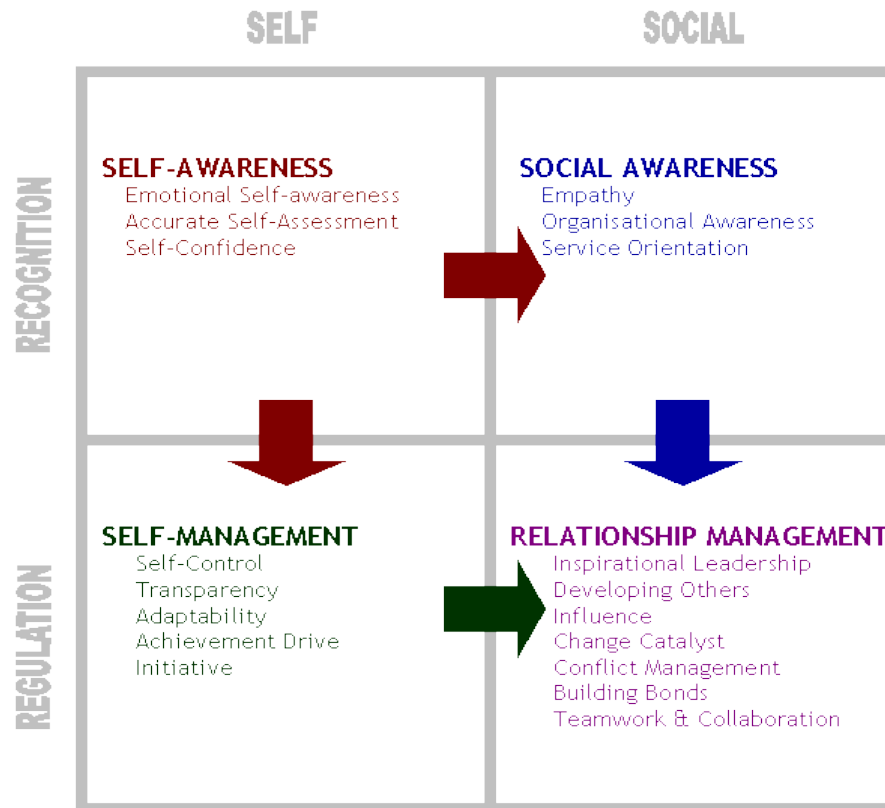


## Johari Window: Luft and Ingham





# Emotional Intelligence





## 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](http://pollev.com/mollyclark500)

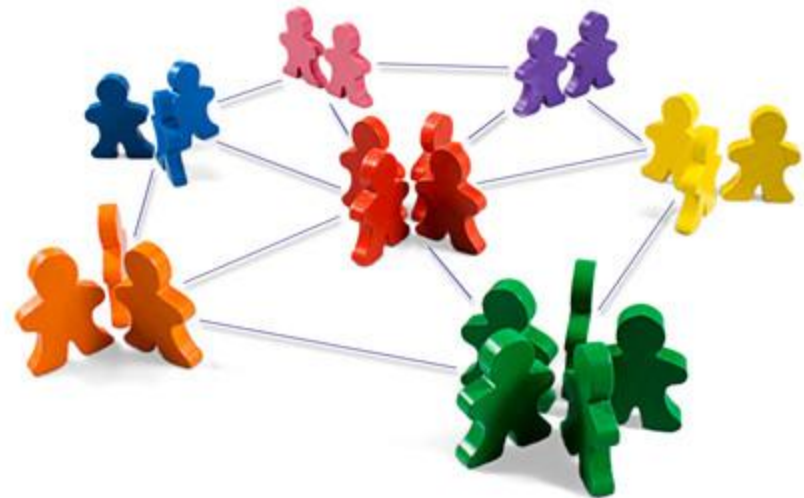


# How does a dilemma happen?

- 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?

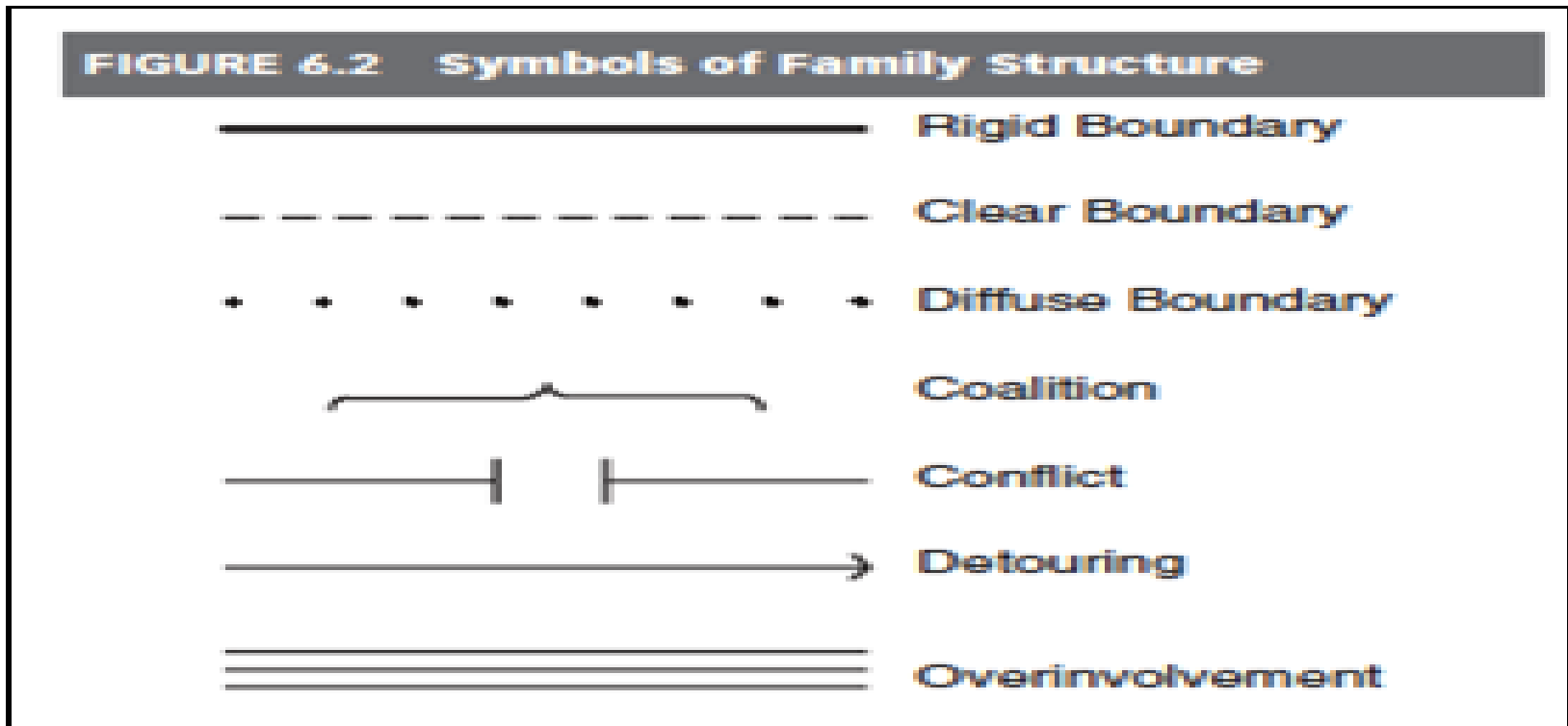






<http://counseling.uoregon.edu/DNN/Portals/0/healthyrelationships2.jpg>

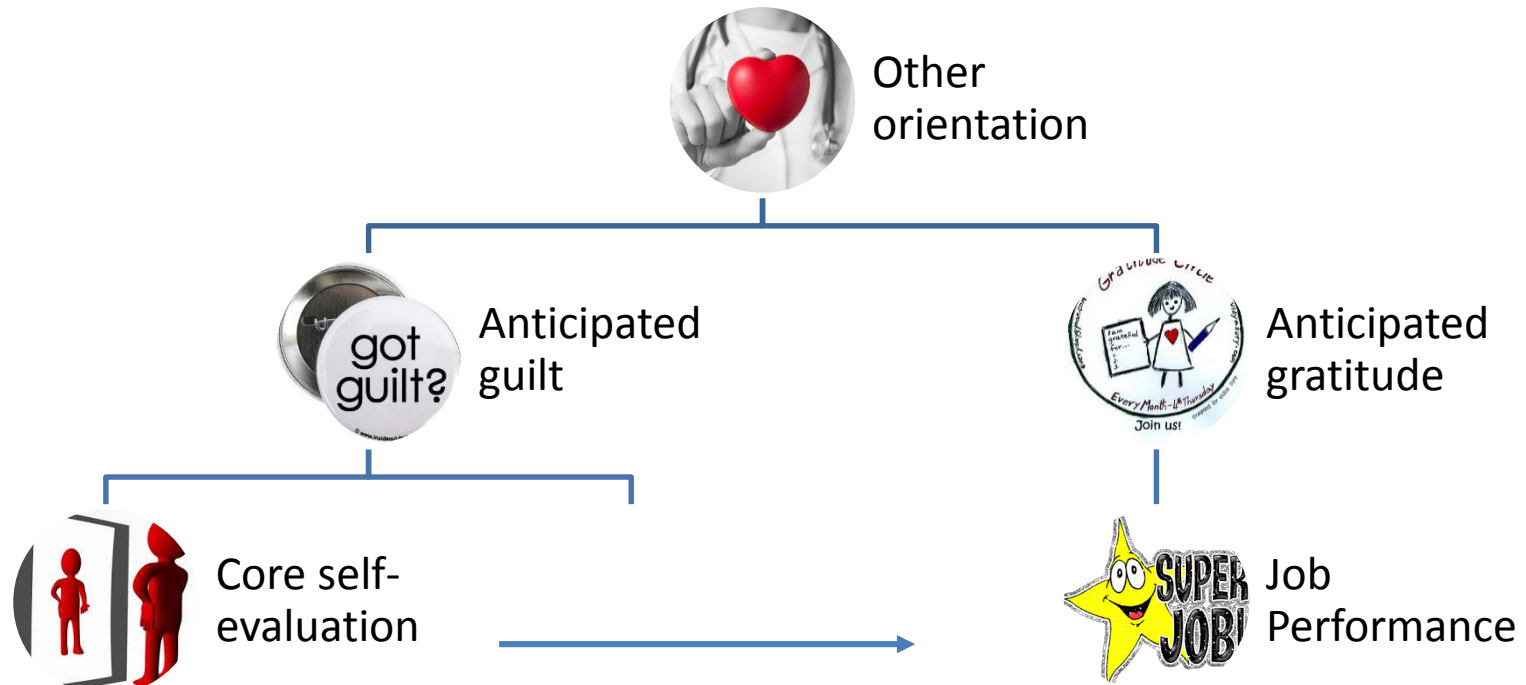
# Boundary Considerations in the Culture of Family Medicine



- Structural Family Therapy Model (Sharf, 1999)

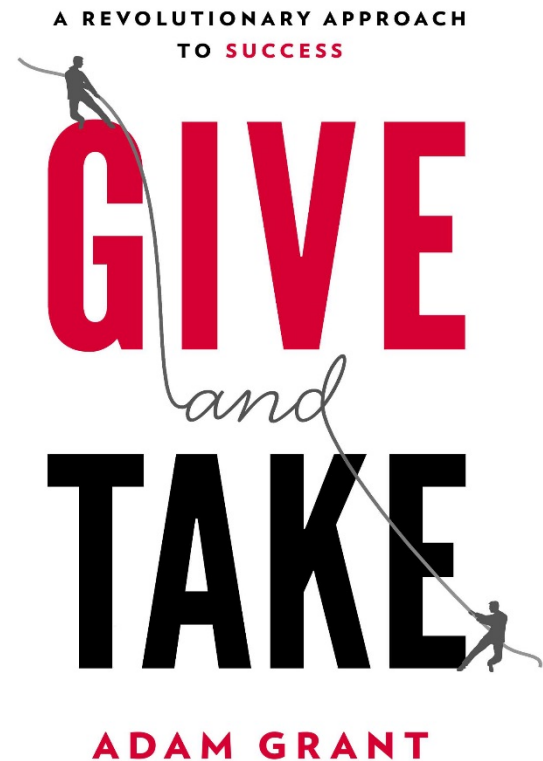
# An Interesting Study on Self-Evaluations and Job Performance

- 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