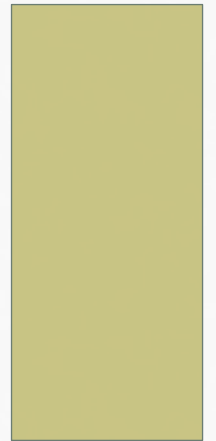


ETHICS AND BOUNDARIES WITH SUD

JIM SECKMAN, MDIV, MAC, CACII, CCS



WHY DO PROFESSIONALS NEED A FORMAL STATEMENT OF ETHICS?

- Everyone knows the expectations, values, and standards of the profession
- Corrective influence on personal bias/problems
- Common understanding and obligation among members of the profession
- Responsibility and accountability
- Protect the participant and the professional by setting boundaries
- Gives the professional an “anchor”

WHAT ARE THE UNIQUE CHARACTERISTICS OF WORKING WITH SUD PARTICIPANTS?

- Need to be directive
- Directly exposed to the effects of a debilitating disease
- Must take a holistic approach with the participants
- Have to address denial

WHAT ARE THE UNIQUE CHARACTERISTICS OF SUD PARTICIPANTS?

- Usually unwilling to accept treatment and change
- Vulnerability (but appear “tough”)
- Used to manipulating and being manipulated
- Denial is always present
- Dual diagnosis issues may exist
- Family issues
- Projection/Projective Identification
- Poor/No boundaries

WHAT MAKES CLARITY ABOUT ETHICS CHALLENGING?

- The vulnerability of SUD participants
- If we fall into the disease patterns/thinking
- If we reenact their F.O.O. dynamics
- If we identify with their projections
- If we fail to recognize their poor boundaries

WHAT IS THE DIFFERENCE BETWEEN

RIGHT

WRONG

VALUES CLARIFICATION

A value is something that a person thinks is worth

Doing

Having

Being

VALUES CLARIFICATION

Terminal values

These are ideas/concepts about ultimate goals or end states that are worth doing, having or being

VALUES CLARIFICATION

Instrumental Values

These are ideas/concepts about desirable modes of behavior that are instrumental in the attainment of Terminal Values

VALUES CLARIFICATION

How do we know something is a value?

We must:

Be able to choose from alternatives

Be happy with our choice and affirm it
publicly

Act on our choice consistently

VALUES CLARIFICATION

Terminal values

Instrumental Values

APPROACHES TO ETHICS

Deontological

Ethical behavior should rest on established rules and rights. Permanently defined principles do not change merely as a result in the change of circumstances. There is a right way to act and that applies to all similar situations.

APPROACHES TO ETHICS

Consequential/Utilitarian

This approach is concerned with the greatest possible balance of good over evil. Acting ethically from a Consequential Approach means that the person would, in each situation, ask what effect their behavior/decision would have in terms of maximizing good.

APPROACHES TO ETHICS

Situational

Ethical actions are practiced by applying a principle to each situation that arises. The interplay between the situation and the principle determines the ethical decision and action

APPROACHES TO ETHICS

Deontological

Consequential/Utilitarian

Situational

ETHICAL DECISION-MAKING

Thinking ethically is about changing our mindset.

We work with persons who are in denial and thinking only of the present

Following ethical principles helps us to look beyond the present to the results of behaviors/decisions

Also, following ethical principles provide a check against denial

DEVELOPING APPROPRIATE BOUNDARIES

What are boundaries?

A boundary is the emotional or physical space *you allow* between yourself and another person

WHAT ARE PROFESSIONAL BOUNDARIES?

Professional boundaries are not only the space between you and the participant, but also what defines and differentiates our roles as professional and participant

PROFESSIONAL BOUNDARIES

- Define who we are as a professional
- Protect the participant and ourselves
- Help us take care of ourselves

DEFINE WHO WE ARE AS A PROFESSIONAL

Why are you in this field?

Unresolved issues will lead to poor
boundaries and poor choices

DEFINE WHO WE ARE AS A PROFESSIONAL

Effective practice depends upon a clear identity as a professional and

A clear delineation of our professional roles

DEFINE WHO WE ARE AS A PROFESSIONAL

Anytime you change your role with a
participant

You are in danger of a boundary issue
and

A possible ethical violation

PROTECT THE CLIENT AND OURSELVES

The professional is always in a position to subordinate the participant's interests to his/her own interests

Why?

There is ALWAYS a power differential between the participant and the professional

PROTECT THE CLIENT AND OURSELVES

The professional's influence and the participant's vulnerability will ALWAYS be present!

Boundary confusion and boundary violations will reinforce destructive beliefs and behavior patterns and negatively impact the relationship

TAKING CARE OF OURSELVES

Boundaries help us to:

Clarify our roles

Endure the stress

Let go

Increase positive outcomes

A MYTH ABOUT BOUNDARIES

I have to get angry to set a boundary

SIGNS OF WEAK BOUNDARIES

Thinking:

No one else can help this person

The program will fall apart without me

I really like/hate this person

This person has got to get recovery

My way is the only way

What I want is what the person needs

Disclosing personal needs or problems

MORE SIGNS OF WEAK BOUNDARIES

Practicing outside your competence
Feeling like you must protect someone
Bending the rules for a participant
Overinvolvement with participants
Overwork and not caring for self
Burnout
Taking a different role
Believing the flattery

EVEN MORE SIGNS OF WEAK BOUNDARIES

Feeling overwhelmed by participant issues

Arguing with other staff

Staff acting out family roles

Acting out participant issues

Acting out your issues with a participant

Becoming their drug

Loss of perspective

STRENGTHENING PROFESSIONAL BOUNDARIES

- Any practice or decision concerning a professional boundary can be assessed based on ethical principles
 - Will the boundary foster autonomy?
 - Am I maintaining my role?
 - Will the boundary promote trust and the attainment of goals?

It is ALWAYS the professional's responsibility to maintain appropriate boundaries!

STRENGTHENING PROFESSIONAL BOUNDARIES

Do Not:

- Be their drug
- Take responsibility for their issues
- Work harder than they do
- Act out their anxiety
- Break the rules/structure for them
- Practice outside the scope of your competency

STRENGTHENING PROFESSIONAL BOUNDARIES

Do:

- Let the structure work
- Separate the urgent vs. the necessary
- Be clear about your own issues
- Be realistic about outcomes
- Be very aware of your physical space
- Work closely with the team

STRENGTHENING PROFESSIONAL BOUNDARIES

Learn your triggers

What type of participant triggers you, both
positively and negatively

Increase your awareness of your feelings
towards the participant

Remember:

STRENGTHENING PROFESSIONAL BOUNDARIES

Understanding others is wisdom,
Understanding ourselves is
enlightenment!

RESOURCES

- NAADAC NCC AP *Code of Ethics, 2021*
- 42 CFR Part 2
- 45 CFR Parts 160 and 164 (HIPAA)
- SAMHSA, *The Confidentiality of Alcohol and Drug Abuse Patient Records Regulation and the HIPAA Privacy Rule: Implications for alcohol and Substance Abuse Programs*