



## Group boundaries

Boundaries are applied differently to different groups of people (e.g. peers, support worker, medical staff, family and friends). They are flexible and mutually set but in a professional relationship or team such as this, there are limits to what can be shared and how people relate to each other. ie. support worker & client relationship.

- ❖ Work as a team, acknowledge the professional space we work in and that boundaries are different outside the group
- ❖ Keep interpersonal relationships outside the group
- ❖ Keep things relevant & contextual and stay focussed on what we are trying to achieve
- ❖ If a personal issue arises, utilise project support staff
- ❖ Ensure all phone calls are during Mon-Fri 9-5 (office hours), meet people at arranged times only, respect when people do and do not want to speak
- ❖ Respect that people will have different responses to experiences & different thresholds. Don't pressure people into sharing what is personal and only share what you feel comfortable sharing. Accept when people have shared enough
- ❖ Don't ask personal questions; staying respectful at all times. You do not have to answer personal questions
- ❖ What happens in the room stays in the room, keep sharing within the space and don't talk about other people's experiences outside of the group. respect each other's privacy
- ❖ Make sure the group is always a safe space to speak and encourage feeling heard, empathy & respect