18a Kinesiology Quiz and Therapeutic Relationships - Conflict, Transference, Dual Relationships, and Sexual Misconduct

18a H&H: Therapeutic Relationships -Conflict, Transference, Dual Relationship, and Sexual Misconduct Class Outline

5 minutes Attendance, Breath of Arrival, and Reminders

10 minutes Lecture:

25 minutes Lecture:

15 minutes Active study skills:

60 minutes Total

18a H&H: Therapeutic Relationships Conflict, Transference, Dual Relationship, and Sexual Misconduct Class Outline

Quizzes and Exams:

- 19a Quiz (study all material from classes 13a, 14a, 15a, 16a, and 17a)
- 21a Exam
 (1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 15a, 16a, 17a, 17b, and 18a)

Assignments:

■ 30a Review Questions (A: 141-158)

Preparation for upcoming classes:

- 19a Quiz
- 19b Swedish: Guided Full Body
- 21b CPR/ First Aid: This class cannot cannot be made in the make-up room. To schedule a sit-in, students should contact the Student Administrator. To be exempt, bring a copy of your CPR & first aid certificate.

Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

QUIZ

18a Therapeutic Relationships Conflict, Transference,
Dual Relationship,
and Sexual Misconduct
H-27

Conflicts can arise from vague or nonexistent boundaries or unmet client expectations such as:

- Not starting the massage on time
- Not adequately addressing the client's <u>problem</u> area
- Canceling a client's appointment for the 3rd time this month

Some strategies to help resolve conflicts:

- Identify and accept the problem
- Communicate with "I" messages
- Have healthy boundaries
- Solutions should be in the client's and the relationship's best interest
- Be open to a variety of <u>solutions</u>.

More strategies to help resolve conflicts:

- Do not take problems and differences <u>personally</u>.
- Take full responsibility for your own <u>behavior</u>.
- Take a break if you or other person is too angry or excessively emotional
- Look for the lesson after the conflict is resolved
- Ask client "What you would like for me to do?" Comply within reason

Incident Report Sign up at http://evolve.elsevier.com/Salvo/MassageTherapy to download an Incident Report Form from Chapter 2 then Downloadable Forms. This is not required, but it is a good way to record the facts for later reference.

Date:	Client's Name
	Therapist's Name
Therapist's perceptions of incident:	
Individuals involved in the incident:	
Actions taken:	
Signature of Massage	Therapist Date
Reviewed and resolve	ed:
Date:	_Time:
Place:	

Conflicts of Interest Be careful with respect to your boundaries and your client's if you or your employer is putting you in the position of being a salesperson for products. This can be a conflict of interest as well as a violation of boundaries.

Transference When a client feels consciously or unconsciously that the therapist is someone other than a health care provider. For instance, they want the therapist to be their friend, not only a health care provider. Often can be transference of feelings or thoughts related to early significant <u>person</u> in their life.

Countertransference When a therapist feels the client is something more than just a <u>client</u>. Can result in the therapist bringing unresolved <u>emotional</u>, issues or personal needs into the therapeutic relationship.

Either of these can be positive or negative (e.g. strong attraction or disappointment).

Countertransference...

May occur from:

- Inability to maintain professional <u>distance</u>.
- Attention gained from client's transference.
- Clients who act as <u>mirrors</u> of your life.

Countertransference...

Signs include:

- Getting involved in a client's personal life.
- Having intense feelings toward a <u>client</u>.
- Thinking excessively about a client.
- Romantic and <u>sexual</u> fantasizing.
- Excusing inappropriate behavior or bending <u>boundaries</u>.

Countertransference...

What to do:

- Find other ways to meet personal needs
- Get help from colleague or counselor
- May need to terminate the relationship
- Refer client to another therapist

Seductive Client

Seductiveness arises from:

- Dominance
- Control
- Selfishness
- Not about love or sex

Seductive Client

What to do:

- Maintain strict boundaries
- Get help from colleague or counselor
- May need to <u>terminate</u> the relationship
- Refer client to another therapist

Dual relationships When we have more than one type of relationship with a client. More than just a <u>therapeutic</u> relationship.

■ May thwart professionalism and ability to <u>focus</u> on client's needs. It changes roles and expectations. Boundaries may be harder to manage. Avoid wearing "two hats". When you are a therapist, be a therapist.

■ When you are a friend, be a friend. When you are a family member, be a family member. Maintaining <u>boundaries</u> is your responsibility, not the client's responsibility.

Friendship

- Most common dual relationship
- May be difficult to remain in therapist role if client is a friend
- Sessions may become <u>social</u> <u>affairs</u> rather than professional events
- Therapist may not focus on client's needs

• Get explicit understanding concerning the difference between the professional role you will play as their therapist. They must understand and agree regarding that position and their role as a client to keep clear boundaries and clear roles.

• Get clarity and agreement beforehand regarding how much you will charge, scheduling appointments, respecting your time by being on time, not canceling without sufficient notice, honoring all of your policies.

■ Do not confuse therapeutic relationship with intimate relationships.

■ Some Codes of Ethics recommend discontinuing client-therapist relationship for a minimum of 6 months before either party might initiate something other than the therapeutic relationship.

■ If you are dually licensed, consider carefully the varying boundaries of each and consider the possibility of keeping these roles clearly separated. For example, seeing someone one time for a nutritional consult if you are a licensed nutritionist and at a separate time for massage therapy.

Sexual misconduct Any sexual contact between the therapist and client or sexualizing of the therapeutic relationship.

■ Ranges from: innocent <u>comments</u> about client's body, dating a client, sexual harassment, to offering clients sexual services.

- Feelings of sexual attraction toward clients and vice versa are normal, acting out the attraction is inappropriate.
- Get professional help when needed.
- Potential for sexual misconduct is in every <u>profession</u>, not just massage

Negative Perceptions of Massage Illusion of massage as euphemism for prostitution is perpetuated by media.

- Society sexualizes <u>touch</u>.
- As we become mainstream, negative perceptions will fade but if you encounter a negative perception, respectfully and professionally respond based on fact.

Examples of Sexual Misconduct:

- Flirting or seductive gestures
- Telling <u>sexual</u> jokes
- Failure to ensure privacy through proper <u>draping</u> practices
- Entering room before client is completely draped or dressed
- Masturbation, intercourse, and rape.

Precautions

- Avoid terms of endearment.
- Avoid suggestive wording in ads.
- Avoid secluded office with unknown clients.
- Realize issues involved with <u>home</u> office.
- Screen out-calls carefully. Get a referral.
- Avoid unconscious sexual signals (e.g. choice of clothing, aromas, inadvertent body contact).

Erections

- Ignore it? difficult
- Move to very distal area e.g. the feet, stimulating circulation elsewhere and giving person a chance to redistribute their attention
- Ask the person to roll over?

■ If there is one or more instances when you suspect sexualizing of the massage and the relationship, then a conversation is necessary and the session, at least temporarily, discontinued.

The Massage Rules in Texas - "A licensee shall immediately discontinue the massage therapy session, activity or the professional relationship when a client initiates any verbal or physical contact with the licensee that is intended to arouse or gratify the sexual desire of either person."

Terminating Session

- Remove hands from client, step back toward <u>door</u>. Tell client the massage is over. State that you will wait.
- Avoid answering questions until client is dressed and out of massage room.
- If therapist works alone and is frightened, call 911 and stay on phone until client <u>leaves</u> or lock yourself in separate room. Always document such events and actions taken in an Incident Report.

NEVER COMMIT INAPPROPRIATE BEHAVIOR

Consequences for violating the trust the client puts in you may be:

Client:

- Trauma or heightening of trauma from past events
- Destroying their trust in massage therapy
- Harming their health

Therapist:

- Loss of income, license, and reputation
- Loss of <u>marriage</u>, friendships, and peer relationships.
- Lawsuit for <u>damages</u>, fines, attorney's fees, court costs, and jail time

Sexual Misconduct of a Colleague Report any, even second-hand, information about any therapist committing sexual misconduct. Encourage the offended party to report to Texas Department of Licensing and Regulation : 800-803-9202.

https://www.tdlr.texas.gov/complaints/

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