



BOUNDARIES

AIM: To recognise and gain skills in handling the boundaries that are fundamental to the role of a Brigitte Trust Volunteer

LEARNING OUTCOMES

By the end of the session, participants will have:

1. Explored what physical, emotional, sexual and practical boundaries there are when working with clients as a Brigitte trust volunteer
2. Discussed and explored why Boundaries are needed when working with clients as a Brigitte Trust Volunteer
3. Had an opportunity to experience managing a boundary issue
4. Experienced giving and receiving constructive feedback
5. Explored feelings brought up for both the volunteer and a client, when dealing with boundary issues

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Observer Role

The role of the observer is to watch the role play so that you can provide constructive feedback. The following guide may help you.

Process for Observer

The focus for the feedback should be on the person practicing the skill i.e. the volunteer.

Therefore, at the end of the role play, **the observer should first ask the volunteer;** [Please find some suggested questions]

1. What was that like for you?
2. What boundary issue/s did you experience?
3. What did you notice when you did?
4. How did you feel?
5. What might you do differently next time?

Observer then asks 'client' [Please find some suggested questions]

1. What was that like for you?
2. How did you feel when the volunteer responded as they did?
3. What feedback can you give to the volunteer?

Observer then gives final feedback to volunteer. (Think of feedback Sandwich).
Ask role player to de-role.

How to remove someone from role? Some suggestions

De-role process. Only the person in role needs to de-role. This can be achieved by asking the person to move. Ask them to say who they really are and that they are not the person they have just role played. You could also ask them to say that they do not feel (whatever feelings were exhibited in role).