Establishing Boundaries (Learning Module 4)

1. Strictly professional relationship/ Therapeutic relationship.
2. Proper draping.
3. No sexual conduct.

The way my client can disrespect my draping boundaries is if after I had told him/her how to properly get under the sheets they didn’t follow the directions and just lay however they want. This may cause them to be exposed, which is inappropriate. In this case I would explain to them the importance of proper draping and my duty to in force proper draping due to the massage therapy standards. If my patient still chooses not to follow my directions I would discontinue treating them after explaining why.   
  
The way that I can disrespect my clients draping boundaries is if I was to expose a private part of their body without having asked them for extra consent. The way I would deal with this is, explain to the client that what happened wasn’t intentional and that I apologize of what happened and that what had happened wasn’t my intention. I would explain about our ethics and let them know they have the right to let the CMTO know if they feel like I am not being truthful. I would also write down in their file what happened.

A Therapeutic relationship between Therapist and Client is essential when trying to create a professional setting. It is important to establish this relationship in order for both the client and therapist to establish boundaries in order to meet their desired goal. For example, in massage therapy some main goals for massage therapist and client is to improve an impermanent, or improving overall health so if the client is constantly talking it makes it hard for the MT to focus of what they are feeling and lose their train of thought. It is important to keep the massage therapy separate from spa like sittings and be able to focus more or rehabilitation and outcomes.