

1:15-2:45 pm:

## WHEN A COUNSELOR GRIEVES: BALANCING BOUNDARIES AND SELF-DISCLOSURE



**R. Abby Spilka, MA, LMHC, FT**

Adjunct Instructor: Department of Applied Psychology  
NYU & Grief Therapist and Thanatologist in Private Practice

**Level of Instruction: Intermediate**

**Presentation Summary:** As thanatology professionals, we learn early on the importance of self-awareness when it comes to our own losses. This knowledge makes us empathetic, compassionate, and more attuned, prepared to be present with our clients and bear witness to their pain and suffering. What happens when we suffer our own losses and must continue our work with clients? We are taught that self-disclosure must be intentional and serve clients, if we engage in self-disclosure at all. How does it affect the therapeutic relationship? Does our responsibility to create and maintain connection enable our vulnerability or inhibit it? What are the ramifications of self-disclosure? Ethical considerations, client responses, and the possibility of therapist transformation and growth as a result of bereavement will be considered.

**Objectives:** *Upon completion of this lecture, the participant will be able to:*

- Differentiate between boundary violations and boundary crossings
- Identify the ways in which loss affects the therapeutic relationship
- Recognize the ethical ramifications of self-disclosure

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## WHEN A COUNSELOR GRIEVES: BALANCING BOUNDARIES AND SELF-DISCLOSURE – (CONTINUED)



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### References:

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