

1:15-2:45 pm:

WHEN A COUNSELOR GRIEVES: BALANCING BOUNDARIES AND SELF-DISCLOSURE



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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 should 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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- Swinden, C. (2023). Working after loss: How bereavement counsellors experience returning to therapeutic work after the death of their parent. *Illness, Crisis, & Loss*. 31(2). 364-384.
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