



# Professional Boundaries in Social Work and Social Care: A Practical Guide to Understanding, Maintaining and Managing Your Professional Boundaries

*Frank Cooper*

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Professional boundaries between worker and client underpin all areas of practice in social work and social care, and the mismanagement of these boundaries can lead to unprofessional conduct and negative consequences for the client. This book is a basic primer for maintaining all types of boundaries during the professional relationship, from legal boundaries and policies governing behaviour to rules surrounding confidentiality. Presenting a flexible framework of rules and guidelines which can be applied to any client relationship, this book offers practical advice and suggestions on how to judge boundaries and how to manage a situation in which they have been crossed. This book also explores why such guidelines exist by explaining the benefit to both worker and client of establishing a good rapport whilst maintaining a professional, emotional distance. Throughout this book, and in the self-assessment test provided, the reader is invited to examine his or her personal responses to working with clients and their effect on maintaining professional boundaries. This simple and practical reference guide will be of essential use to professionals working with or managing support for clients.



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