INSTRUCTIONS 6.3 Assignment: Creating and Maintaining Professional Boundaries

**Getting Started**

Gaslighting is often used by individuals with Personality Disorders (PD’s) for emotional manipulation, especially those with Narcissistic, Antisocial, and Borderline PD’s. They will use them in different ways and for different reasons which are why social workers must practice strong personal and professional boundaries and be aware of when gaslighting is occurring.

Gaslighting is a form of emotional abuse and involves the act of manipulating a person by forcing them to question their thoughts, memories, and even the events occurring around them. The term “gaslighting” comes from a play and subsequent movie called “*Gaslight*.” In the movie, the husband (Charles Boyer) manipulates and torments his wife (Ingrid Bergman) to convince her she’s going mad. The whole goal of this type of abuse is to get a person to question their perception, memory, or even question their sanity.

According to Robin Stern, Ph.D., author of the book “*The Gaslight Effect: How to Spot and Survive the Hidden Manipulation Others Use to Control Your Life*,” the signs that you are a victim of gas lighting include:

* no longer feeling like the person you used to be
* being more anxious and less confident than you used to be
* often wondering if you’re being too sensitive
* feeling like everything you do is wrong
* always thinking it’s your fault when things go wrong
* apologizing often
* having a sense that something’s wrong, but being unable to identify what it is
* often questioning whether your response to your partner is appropriate (e.g., wondering if you were too unreasonable or not loving enough)
* making excuses for your partner’s behavior
* avoiding giving information to friends or family members to avoid confrontation about your partner
* feeling isolated from friends and family
* finding it increasingly hard to make decisions
* feeling hopeless and taking little or no pleasure in activities you used to enjoy

Gas lighting is not only used with family members and friends but can be used in therapy sessions. Therefore, it is important that social workers pay attention to the signs and maintain professional boundaries to prevent manipulation when working with Personality Disorders.

**Upon successful completion of this assignment, you will be able to:**

* Critique research findings related to mental health treatment across the lifespan (PLO 4).



**Background Information**

Working with someone who has a personality disorder can be challenging and exhausting if you do not have good professional boundaries! Social workers need to pay attention to transference and counter-transference interchanges as well as when a client may be gaslighting. For your assignment, you will be completing a Self-Assessment and Summary paper that explores your professional boundaries.



**Instructions**

1. Review the rubric to make sure you understand the criteria for earning your grade.
2. Read the *DSM-5* section on "Personality Disorders".
3. Watch these videos:
   1. [Setting Boundaries in Social Work](https://www.youtube.com/watch?v=UkQE8I9lFvQ)

<https://www.youtube.com/watch?v=UkQE8I9lFvQ>

* 1. [THIS is Gaslighting!](https://youtu.be/3O3ZQPezglQ)

<https://www.youtube.com/watch?v=3O3ZQPezglQ>

* 1. [What is Transference and Countertransference](https://www.youtube.com/watch?v=HfFOJ7vyoK0)?

<https://www.youtube.com/watch?v=HfFOJ7vyoK0>

* 1. [What is Transference in Therapy?](https://www.youtube.com/watch?v=peI9oiMbDhY&t=321s)

<https://www.youtube.com/watch?v=peI9oiMbDhY&t=321s>

1. Print the quiz: [Professional Boundaries Self-Assessment Tool](https://brightspace.indwes.edu/content/enforced/157695-3WI2022SWK-650-01ET;SWK-650-01EK/Workshop%20Six/Boundaries%20Self-Assessment%20Tool.pdf?_&d2lSessionVal=iu593s11p7jRuw3OJVBq4t6Rm&ou=157695) and mark your answers to the questions.
2. In a **Summary**, discuss the following in an APA formatted paper:
   1. What are your triggers that can interfere with a counseling session?
   2. What can cause you to have your emotional boundaries move closer to transference in a session?
   3. Discuss how you would say "no" to a client that is insistent upon a specific treatment intervention that is not indicated.
   4. How would you handle a session where a client is gas lighting?

VIDEO LINKS INCLUDED UNDER VIDEO TITLES