



PBI Professional Boundaries and Ethics Course

IN JOINT PROVIDERSHIP WITH THE UNIVERSITY OF
CALIFORNIA, IRVINE SCHOOL OF MEDICINE
OFFICE OF CONTINUING MEDICAL EDUCATION



24 CME CREDIT HOURS*

APPROVED FOR AMA PRA CATEGORY 1 CREDITS™

PB-24 ENHANCED (PB-24EN) INCREASED TO 34 CME CREDIT HOURS

10 HOURS OF PRE-COURSE TEXTBOOK READING AND WRITTEN ASSIGNMENTS
TO BE SUBMITTED PRIOR TO THE LIVE COURSE.

PB-24 EXTENDED (PB-24EX) INCREASED TO 46 CME CREDIT HOURS

10 HOURS OF PRE-COURSE TEXTBOOK READING AND WRITTEN ASSIGNMENTS
TO BE SUBMITTED PRIOR TO THE LIVE COURSE.

EXTENDED WEEKLY, RELAPSE PREVENTION POST-COURSE
TELECONFERENCES TO ELEVATE ACCOUNTABILITY AND MINIMIZE POTENTIAL
FOR VIOLATION.

Produced by
Professional Boundaries, Inc.

Faculty for this course is selected by PBI and approved by the University of
California, Irvine School of Medicine Office of Continuing Medical Education

Course Objectives

Upon completion, physicians will:

- Comply with standards of practices, codes of ethics, and state statutes
- Demonstrate appropriate clinical decision making by minimizing negative influences
- Adhere to professional boundaries with resultant improvements in physician-patient interaction, which can improve clinical outcomes
- Reduce their potential of transgressions through the development of systems into clinical practice
- Become aware of the early warning signs indicative of ethical dilemmas and boundary problems
- Create and implement a tiered Protection Plan to maintain appropriate boundaries

Course Schedule & Outline

THE COURSE BEGINS EACH DAY AT 8:00 AM AND CONCLUDES EACH DAY AT 5:00 PM. ALL OTHER TIMES MAY VARY.

This course is designed to be an interactive course with specific objectives to accomplish within the designated time frame. Attendee participation is required throughout. In order to qualify for the 24 CME credit hours, attendees must be present and participating each day from 8:00 am to 5:00 pm. Please make travel arrangements accordingly.

- - - ENHANCED AND EXTENDED EDITIONS - - -

10 hours of pre-course textbook reading and written assignments to be submitted prior to the live course.

LIVE COURSE, Day 1:

8:00 AM - 9:45 AM

Professional Boundaries and Ethics

- Lecture and discussion
- Introductions / Course Overview / Goals & Objectives
- Faculty disclosure statements / confidentiality statement
- Code of Ethics and the Hippocratic Oath-Betraying Professional Trust
- Introduction to boundary theory and boundary dynamics
- Taking accountability for what you have done

9:45 AM - 10:00 AM

BREAK

10:00 AM - NOON

Boundary Violations

- Lecture and discussion
- Differentiating boundary drifts, crossing, and violations: identifying slippery slopes
- Defining non-sexual and sexual boundary violations
- Spectrum of offenses and categories of violators: current views
- Psychodynamics of violations
- Understanding how good professionals can do serious harm to patients and the profession

Introduction to the Boundary / Ethics Formula™ - an assessment / teaching tool

- for gauging violation potentials in professions
- for assessing professional risks
- for assessing personal vulnerabilities
- for the development of Boundary Protection Plan

NOON - 1:00 PM

LUNCH

1:00 PM - 2:45 PM

Laws and Legal Consequences of Boundary Violations: Part 1

Civil, Administrative, and Criminal

- Legal definitions of boundary violations
- Understanding the disciplinary process
- Consequences of violations and disciplinary action
- Identifying patterns of practice that indicate potential ethics and boundary issues

2:45 PM - 3:00 PM

BREAK

3:00 PM - 4:30 PM

Laws and Legal Consequences of Boundary Violations: Part 2

Recommendations for becoming a safer healthcare professional

- Proactive oversight of your staff and others to protect their boundaries and to respect patients
- Appropriate communication tools
- Establishing and enforcing a Patient's Bill of Rights
- Office policies
- Incorporating sexual harassment policies and procedures in the workplace
- Enhanced accountability - chaperones, supervisions, consultations, and peers

4:30 PM - 5:00 PM

Vignettes - Applying what you have learned

- Identifying and resolving ethics / boundary dilemmas
- Discussing and demonstrating ethical processing

LIVE COURSE, Day 2:

8:00 AM - 10:00 AM

Understanding Boundary Transgressions and the Offending Professional

- Characteristics of professional sexual and non-sexual misconduct
- Effective treatment and monitoring / cognitive-behavioral perspectives
- Preventing violations by recognizing cognitive distortions and behavior that precedes misconduct

10:00 AM - 10:15 AM

BREAK

10:15 AM - NOON

Preventing Boundary Violations: Relapse Prevention

- Reducing risk factors and vulnerabilities: identifying triggers / catalysts that can transform a high violation potential into a boundary violation

NOON - 1:00 PM

LUNCH

1:00 PM - 2:45 PM

Managing the Clinical Frame: Professional Boundaries and Risk Reduction

- Lecture and small group discussion
- Participants acquire insight into unconscious complexities of interpersonal boundaries
- Conceptualization of the difference between boundary drift, crossings, transgressions, and frank boundary violations

2:45 PM - 3:00 PM

BREAK

3:00 PM - 4:00 PM

Managing the Clinical Frame: Professional Boundaries and Risk Reduction (cont'd.)

- Lecture and small group discussion
- Focus on increasing awareness to everyday challenges related to managing personal vs. professional boundaries
- Implement a personalized risk-management assessment and action plan to lower one's vulnerability to boundary problems in the future

4:00 PM - 5:00 PM

Relapse Prevention

- Integrating course material into an individualized Boundary - Ethics Protection Plan
- Increasing professional accountability - the use of an accountability network
- Introduction to the Ethics Self-Assessment Tool

LIVE COURSE, Day 3:

8:00 AM - 9:00 AM

Ethics Self-Assessment Tool and the Boundary / Ethics Formula

- Becoming aware of professional risk factors
- Identifying personal vulnerabilities
- Reducing your violation potential by lowering risks and vulnerabilities
- Group discussion and feedback

9:00 AM - 10:00 AM

Victimization, Victim Impact, and Victim Empathy

- Understanding the harm that is done to the patient
- Taking responsibility for your actions and the consequences to others
- Victimization: Discussion

10:00 AM - 10:15 AM

BREAK

10:15 AM - 11:00 AM

Stages of Recovery

- Confrontation Stage
- Crisis Stage
- Grief Stage
- Personal Rehabilitation Stage
- Professional Rehabilitation Stage
- Growth Stage
- Authenticity Stage

11:00 AM - NOON

Ethics Self-Assessment Tool: Identifying Areas of Risk

- Listing accountabilities, resistances, and catalysts
- Reducing your violation potential
- Group discussion and feedback

NOON - 1:00 PM

LUNCH

1:00 PM - 1:30 PM

Road to Recovery: Challenges That Offending Professionals Face

- Putting back the pieces
- Impact on marriages and families: what to expect and how to cope
- Practicing under guidelines and monitoring
- Living with increased accountability
- Living in the general community
- Facing your colleagues
- Establishing a balanced life with health boundaries
- The importance of therapy

- Living with what you have done

1:30 PM - 2:30 PM

The Stratified Boundary / Ethics Protection Plan

- Translating the Boundary Formula into an action plan
- Finalizing multi-tiered, strategic plan outlining realistic protocols to protect patients, the workplace, and the professional from ethical and boundary violations

2:30 PM - 2:45 PM

BREAK

2:45 PM - 4:45 PM

Implementing Your Boundary Protection Plan

- Relapse prevention
- A review of each participant's Stratified Protection Plan and his/her strategy for implementing it into practice
- Discussion and feedback from class and faculty

Post-test: 30 minutes may be used for a post-test depending upon the individual state board educational requirements

4:45 PM - 5:00 PM

Discussion and Program Evaluations

- Certificates of Completion from the University of California, Irvine School of Medicine issued

5:00 PM

ADJOURN

- - - EXTENDED EDITION - 12 ADDITIONAL CME CREDIT HOURS AVAILABLE - - -

Teleconference Discussion

- Telephonic Seminars (MAS): 12 hours (twelve 1-hour sessions)

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the University of California, Irvine School of Medicine and Professional Boundaries, Inc. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement

The University of California, Irvine School of Medicine designates these live activities each for a maximum of 46 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in activity.

Disclosure Policy

It is the policy of the University of California, Irvine School of Medicine and the University of California CME Consortium to ensure balance, independence, objectivity and scientific rigor in all CME activities. Full disclosure of conflicts and conflict resolutions will be made prior to the activity in writing via handout materials, insert, or syllabus.

California Assembly Bill 1195

This activity is in compliance with California Assembly Bill 1195, which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. For specific information regarding Bill 1195 and definitions of cultural and linguistic competency, please visit the CME website at www.meded.uci.edu.