



Privacy Issues & Disruptions – Boundaries, Boundaries, Boundaries!

Scenario

James, an experienced in-home therapist, is conducting his first session with a family that lives in a bustling household. Shortly after beginning, family members walk in and out of the room, a sibling is playing video games in the background, and the TV is on at high volume. James realizes that unless he sets boundaries now, these disruptions may continue in future sessions.

How to Handle It

- Clarify privacy expectations early—before distractions become a pattern.
- Set firm but respectful boundaries to maintain confidentiality.
- Redirect distractions in a way that keeps rapport intact.
- If disruptions continue, discuss alternative spaces or times for the session.
- Use supervision for guidance on managing persistent privacy challenges.

Sample Scripts for Clinicians

- If setting boundaries early on: 'I really appreciate you making time for this session. To make sure we can focus, would it be possible to find a quieter space?'
- If a family member enters unexpectedly: 'It's great to meet you! Right now, we're having a private session, but I'd be happy to check in with you afterward.'
- If the client is distracted: 'I notice there's a lot going on today. Do you think we should reschedule for a time when we can focus better?'

Reflection Questions

- How can I set professional boundaries without making clients feel uncomfortable?
- What strategies can I use to minimize distractions while respecting the home environment?

- How can I communicate privacy needs in a way that keeps trust intact?