

# Standard SPOTLIGHT

## Professional Boundaries

### About the Standard Spotlight

Standard Spotlights are educational resources to help Registered Massage Therapists (RMTs) reflect on whether they are practising in a way that meets the expectations established by CMTO's *Standards of Practice (2022)*. This document is not a *Standard of Practice* or a regulation.

### What are some of the key expectations within the Standard?

Key expectations for the *Standard* include maintaining professional boundaries with the client and preventing all types of abuse. It is important to avoid dual relationships and address boundary crossings/violations.

### Why are these expectations important?

RMTs must preserve the trust and respect of the therapeutic relationship.

### How do you assess whether you are meeting the expectations of the Standard?

Questions to help you reflect on whether you are meeting the expectations of the *Standard* include:

- What steps do you take to maintain professional boundaries with clients in your practice?
- What types of abuse are defined in the *Standards* glossary?
- How do you prevent inappropriate dual relationships with clients?
- What steps do you take to address an accidental boundary crossing or violation?
- How do you explain the importance of maintaining professional boundaries to a client?
- What steps do you take to discourage gift-giving/receiving from a client?