



Professional Boundaries Statement

I am queer, kinky, polyamorous, a burner, and musician who uses my social work education, training, professional experience, and therapeutic skills to provide counseling services to other queer, kink, non-monogamous folks, and those who have felt unseen and unheard by other mental health professionals.

Providing counseling services to people in the queer, kink/BDSM, polyamorous and burn communities, as a member to these communities myself often brings up questions on boundaries, confidentiality, and consent. My professional boundaries statement is my attempt to set clear some of these questions as my involvement in these communities is critical to my wellbeing just as much as it is yours.

I am involved to varying degrees in polyamorous communities in both Germany and Canada. It is my lived experiences as a polyamorous person paired with my academic knowledge in studying non-monogamy that provide my strongest credentials in working with non-monogamous folks.

Being involved in the BDSM lifestyle is my strongest credential as a kink knowledgeable counselor. As such I am a member of the Kink Aware Professionals (KAP) Directory, hosted by the National Coalition for Sexual Freedom.

Living and working in Berlin and being a member of these communities means that even for a large city, Berlin becomes a small village. So, it is very likely that we are at some point going to come across each other “in the wild” (in public/ community) in various spaces.

Confidentiality:

Confidentiality is one of the major concerns for both clients and I, it is also a key element to professional codes of ethical behaviour, as well as statutory requirements to which I am bound by. I also highly value and respect confidentiality, and consent. This is my approach to safeguarding confidentiality.

- I use updated encryption methods, firewalls, and back-up systems to help keep your information private. Your personal record file which includes one’s counseling service agreement, intake form and invoices. I do have to share invoices with the Finanzamt and my Steuerberater for tax purposes.
- Every client completes a counseling service agreement which includes my professional boundary statement, as well as confidentiality and consent statements.

- What is said in counseling, or other professional interactions, will not be shared with anyone else, without a signed release of information, or in the rare instances mandated by law and/or court order.
- I will not out anyone's interests or activities. Please respect mine.
- To maintain work life balance, I use my legal name for work and my chosen name in all other aspects of life. If we were to meet "in the wild", I will introduce myself by my chosen name and act as though this is the first time meeting you.
- If we meet "in the wild" I may make eye contact, smile or nod, to acknowledge we are both in the space but not go beyond that. There are all kinds of ways that we might have become casually acquainted, other than our actual professional relationship. However, if you identify me as your counselor, it will be hard for me to deny it. I will maintain confidentiality of the content of our sessions.
- Please respect my need for confidentiality as well.

Friends and Acquaintances:

There are prohibitions against dual relationships, which refers various relationships outside of the counseling relationship. This includes romantic relationships, sexual activity, friendship, business relationships, family, and significant others of either friends or clients.

- If we already know each other well, I will not take you on as a paying client. Let's go for a walk and talk to each other as friends.
- If we are acquaintances, but do not know each other well, we may consider working together. However, we will discuss any implications this may have on the therapeutic relationship and the impact it may have on a future friendship.
- As a polyamorous person with partners practicing various forms of non-monogamy it could be that our paths cross in relation to various partners. If this is the case and you are in a close romantic connection or have previously been in romantic connection with any of my partners, then I won't see you as a client.
- In any situation where there may be a possible dual relationship, I want to treat this with care and respect and openly discuss the situation together. We would take time to discuss prior interaction, and how a transition to a professional relationship may or may not work.

Being in Community/ In the wild:

- Burn Communities: I am very active in Burn communities, and you may encounter me here, this is one of my biggest safe(r) spaces of self-expression and creative exploration.
- Polyamorous community: I attend meetups and community events and this is likely to increase as covid restrictions are lifted.
- BDSM/ Kink community: I occasionally attend munches and meetups and in general limit play in public. If we have encountered one another in play scenes we will need to discuss how this will impact working together. If we do decide to work together and attend the same events, we will need to co-create a plan in which we both feel comfortable attending the event.
- In Nightlife: Berlin has a one-of-a-kind vibrant club and festival culture, as a music lover and musician it is possible that we may cross paths here. If this does happen, I request that you do not approach me as I will not you. This is to respect both of our confidentiality and the enjoyment of the night.
- In Professional Environments: I do work for another company called Dr. Mega Consulting which focuses on diversity, inclusion, equity and belonging strategy consulting. It is possible we may cross paths in this professional environment. If this happens, I will act as if I am first meeting you unless you state otherwise.
- In any case of meeting each other “in the wild” we will create space to debrief about the experience in our next session. If our next session is not for some time, I will email you to acknowledge the experience.

If you are seeking counseling and are considering working with me, I hope this has provided you with insight as to how I approach confidentiality “in the wild”. If you have any lingering questions or concerns, let’s have a conversation about them.

As a member of these communities, I do this work so that queer, kink, polyamorous, and other folks don't want to have to hide parts of themselves or become the teacher of the counselor. I aim to create a space where all identities can be seen, heard, validated, and feel a sense of belonging.

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