

**12:30 p.m. - 2:00 p.m.**

**Concurrent Session 2A**

## **\*The Journey and Struggle in Setting Healthy Boundaries for Ourselves**

**\*1.5 hours for Social Work CEU's will be given for this session**

This session explores the challenges of setting and maintaining healthy boundaries across clinical practice, workplace dynamics, and our personal lives as palliative care professionals. Drawing on communication frameworks and real-world scenarios, participants will examine why boundaries are challenging in caregiving professions and develop practical strategies for maintaining authentic, compassionate presence without sacrificing themselves. Attendees will leave with concrete tools for recognizing, setting, and repairing boundaries in their daily practice.

Objectives:

- 1) Identify personal and professional patterns, including people-pleasing, scope creep, and the "helper identity," that contribute to boundary erosion, compassion fatigue, and burnout.
- 2) Apply communication techniques, including "I" language and structured scripts, to set and maintain boundaries with patients, families, colleagues, and leadership in palliative care settings.
- 3) Develop a personal boundary practice that includes recognizing boundary violations in real time, engaging in repair, and sustaining boundaries around grief, availability, and self-care.

Bio:

Dr. Jay R. Horton, PhD, ACHPN, FNP-BC, MPH, is a palliative care nurse practitioner and educator with over two decades of experience in palliative care and clinical education. He currently serves as Senior Nurse Practitioner for Quality, Training, and Enablement at Thyme Care, a technology-enabled cancer care navigation company, where he leads clinical education and quality initiatives for oncology and palliative care. Previously, Dr. Horton served as Senior Director of Palliative Care Nursing and Education at Mount Sinai Beth Israel and Assistant Professor at both the Icahn School of Medicine at Mount Sinai and Mount Sinai Phillips School of Nursing.