University of Huddersfield Repository

Dale, Heather

Can ethics be sexy?

Original Citation


This version is available at http://eprints.hud.ac.uk/9078/

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

http://eprints.hud.ac.uk/
CAN ETHICS BE SEXY?

Heather Dale,

• Senior Lecturer, University of Huddersfield
• Counsellor and therapist in private practice
• Fellow, British Association for Counselling and Psychotherapy (BACP)
• Chair, Professional Conduct Proceedings (BACP)
Can ethics be sexy?

• I would rather have a cup of tea
• Ethics are just a list of dos and donts
• Boring
Ethics can be Fascinating Exciting endlessly interesting
A quiz

• Give examples of ways in which you could unethically:
Boost profits

- Accept individuals when the organisation is only funded for couples work (or vice versa)
- Accept long –term clients when only funded for short-term (or vice versa)
- Work beyond level of competency
- Accept clients who are in therapy with others
Things you might be tempted to steal from the office

- Stationery
- Photocopying
- Memory sticks
- Journals
- Electricity
Take business trips

• Take partner along (and charge for them)
• Stay with friends or family but charge for a hotel
• Charge for equipment that you don’t need for that trip.
Things you should report (but don’t)

• A client who tells you that they are claiming benefit illegally
• A colleague who answers e-mail whilst on the phone to clients
• Client or colleague who uses recreational drugs
• Unethical behaviour from colleagues
What are Professional Ethics?

• A moral and philosophical code

• A guide for conducting professional life

• Can be written as Rules or Principles
Types of ethical codes

• Mandatory – musts and shoulds (e.g. 10 commandments)

• Aspirational – standards to reach for (e.g. BACP ethical Framework)
Why ethical codes/frameworks

- A frame, or a boundary, to the counselling relationship

- A protection from exploitation.

- A minimum standard for professional practice
Values of ethical thinking

- Integrity
- Warmth
- Empathy
- Humility

Ethical Values
HUMILITY

“"The ability to access accurately and acknowledge one’s own strengths and weaknesses”"

BACP Ethical Framework 2010
Lack of Humility can lead to:

- Seeing self as expert and therefore:
- Not using supervision properly
- Forgetting about client autonomy (I know best)
- Lack of proper contracting.
- Client dissatisfaction (and loss of income to self or organisation)
Concepts of ethical mindfulness

- Psychological Insight
- Self-Reflection
- Supervision
- Reflection on Process
Nearly Last Slide

- Ethical mindfulness requires psychological mindfulness
- Psychological mindfulness requires ethical mindfulness.
- One ethical dilemma does not necessarily have one right answer.
References

- BACP (2010) Ethical Framework for Good Practice in Counselling and Psychotherapy BACP
- BACP (2005) Talking Therapies an essential Anthology BACP
- Bond T (2010) Standards and Ethics for Counselling in Action Sage
- Gray P (2007) Care and protection for abused clients Therapy Today Sep Vol 18, 7
- Pointon C (2007) Safeguarding the Client Therapy today Vol 18, 7 Sep
- Richardson J,Sheean L, Bambling M (2009) Becoming a psychotherapist or counsellor: A survey of psychotherapy and counselling trainers Psychotherapy in Australia Vol 16, 1 Nov
- Yalom I (1991) Love's Executioner and Other Tales of Psychotherapy (Penguin Psychology)
Ethics can be Fascinating Exciting endlessly interesting
Tasks

Option 1

• As the inexperienced counsellor you have decided to report your colleague. How do you justify this ethically?

Option 2

• As the inexperienced counsellor you have decided to say nothing. How do you justify this ethically?

Option 3

• You are the experienced counsellor. How do you ethically justify your decision to your less experienced colleague?