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CAN ETHICS BE SEXY?

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• 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

Ethical Mindfulness
Nearly Last Slide

• Ethical mindfulness requires psychological mindfulness
• Psychological mindfulness requires ethical mindfulness.
• One ethical dilemma does not necessarily have one right answer.
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Ethics can be

Fascinating

Exciting

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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?