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Can ethics be sexy?

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# CAN ETHICS BE SEXY?

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# 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*

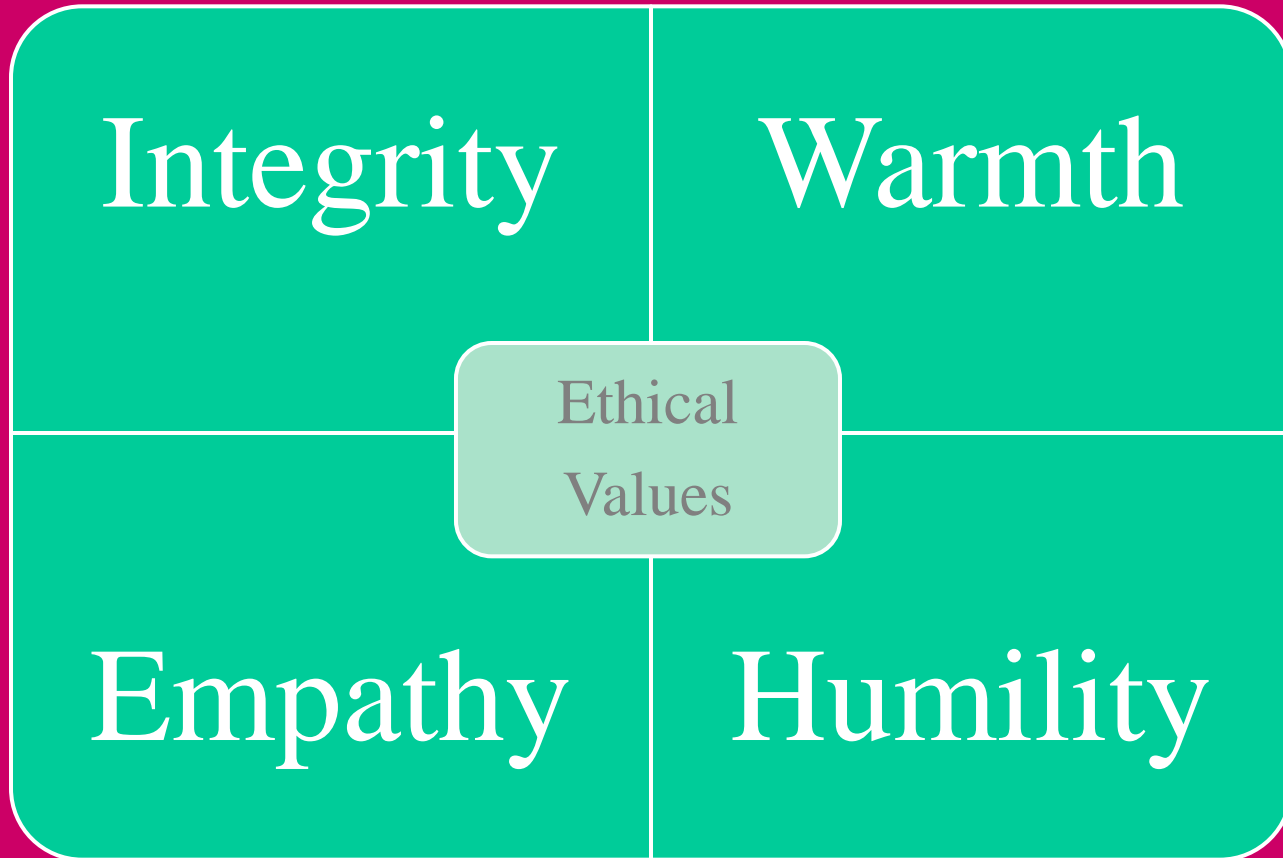
# Types of ethical codes

- 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



# HUMILITY

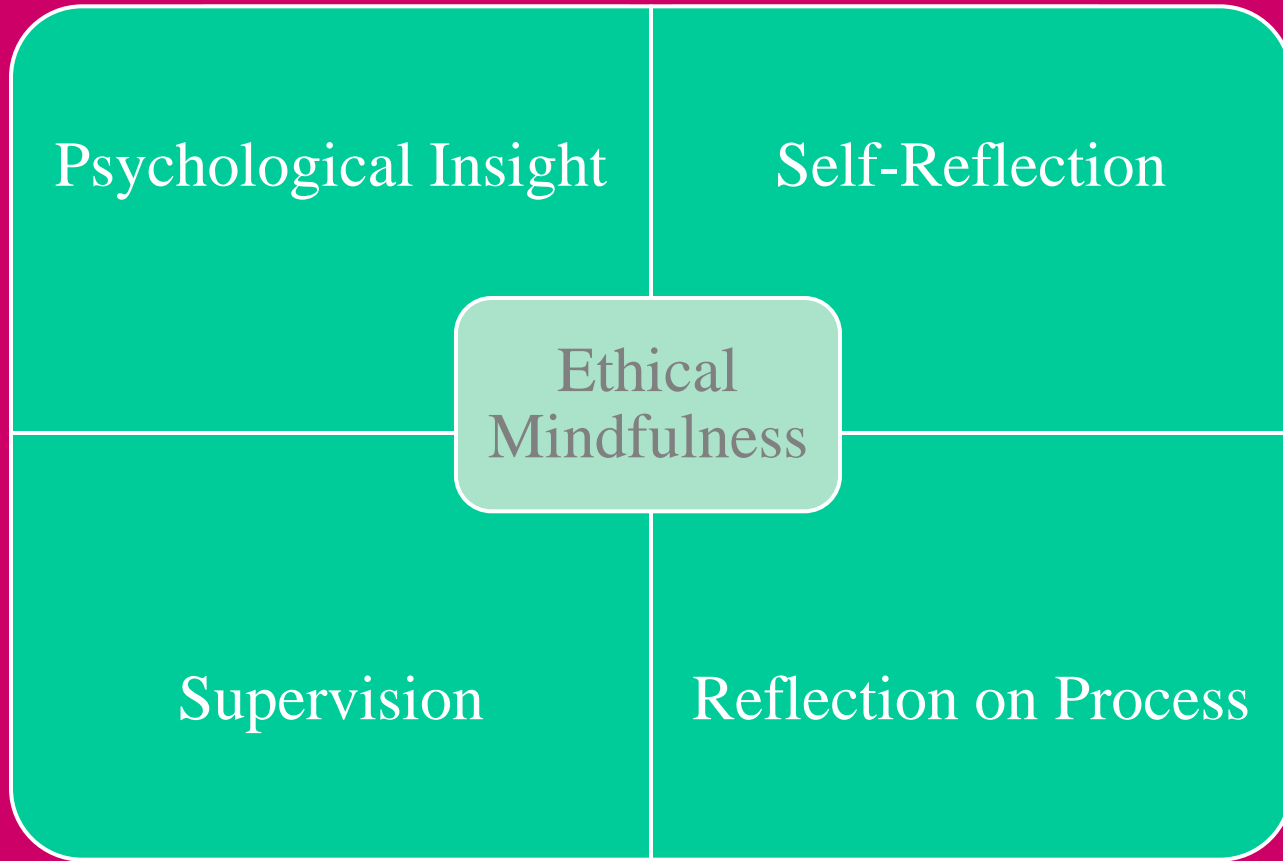
“ The ability to access accurately and acknowledge one’s own strengths and weaknesses”

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





# 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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# 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?