



University of HUDDERSFIELD

University of Huddersfield Repository

Dale, Heather

Can ethics be sexy?

Original Citation

Dale, Heather (2010) Can ethics be sexy? In: BACP Regional Conference 2010: Making Connections - Kent, May 2010, Tonbridge, Kent, UK. (Unpublished)

This version is available at <http://eprints.hud.ac.uk/7866/>

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***

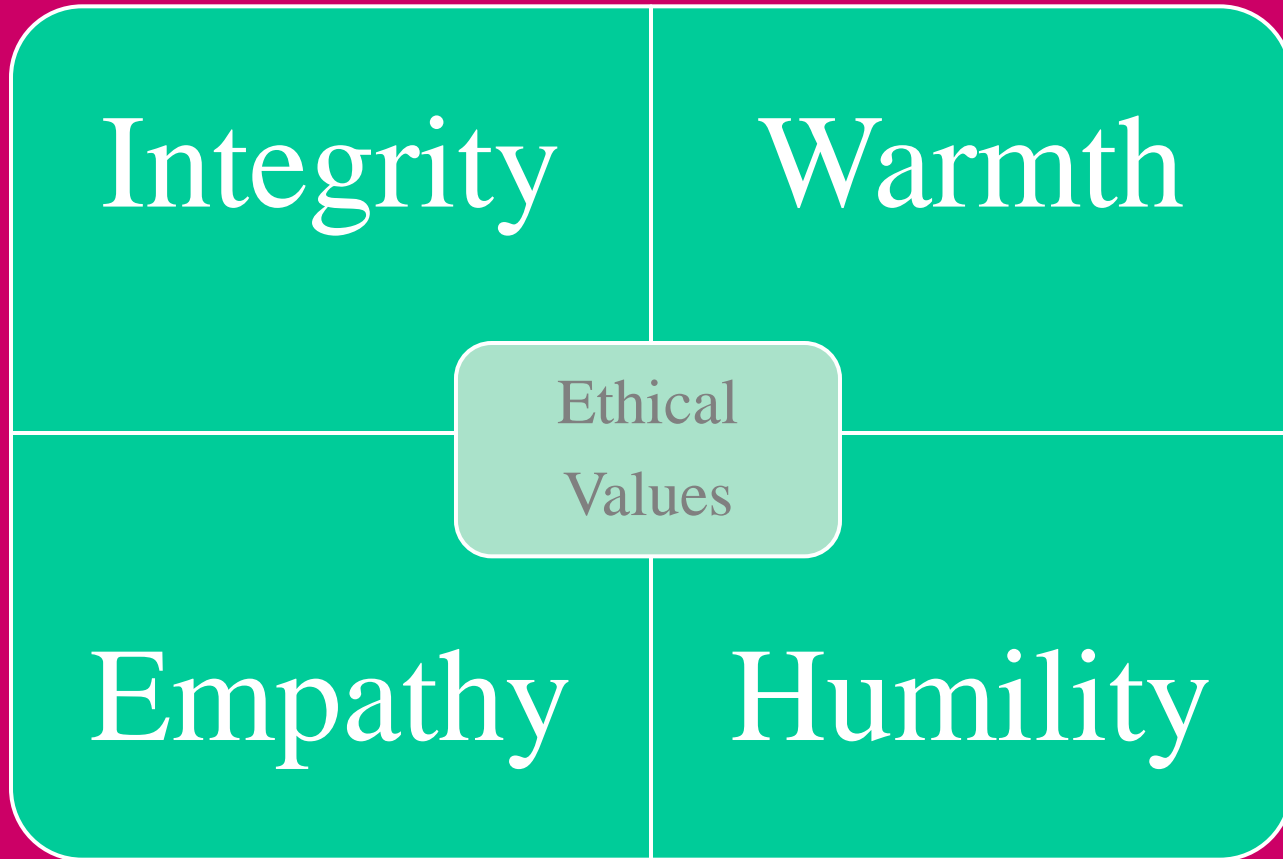
Types of ethical codes

- 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



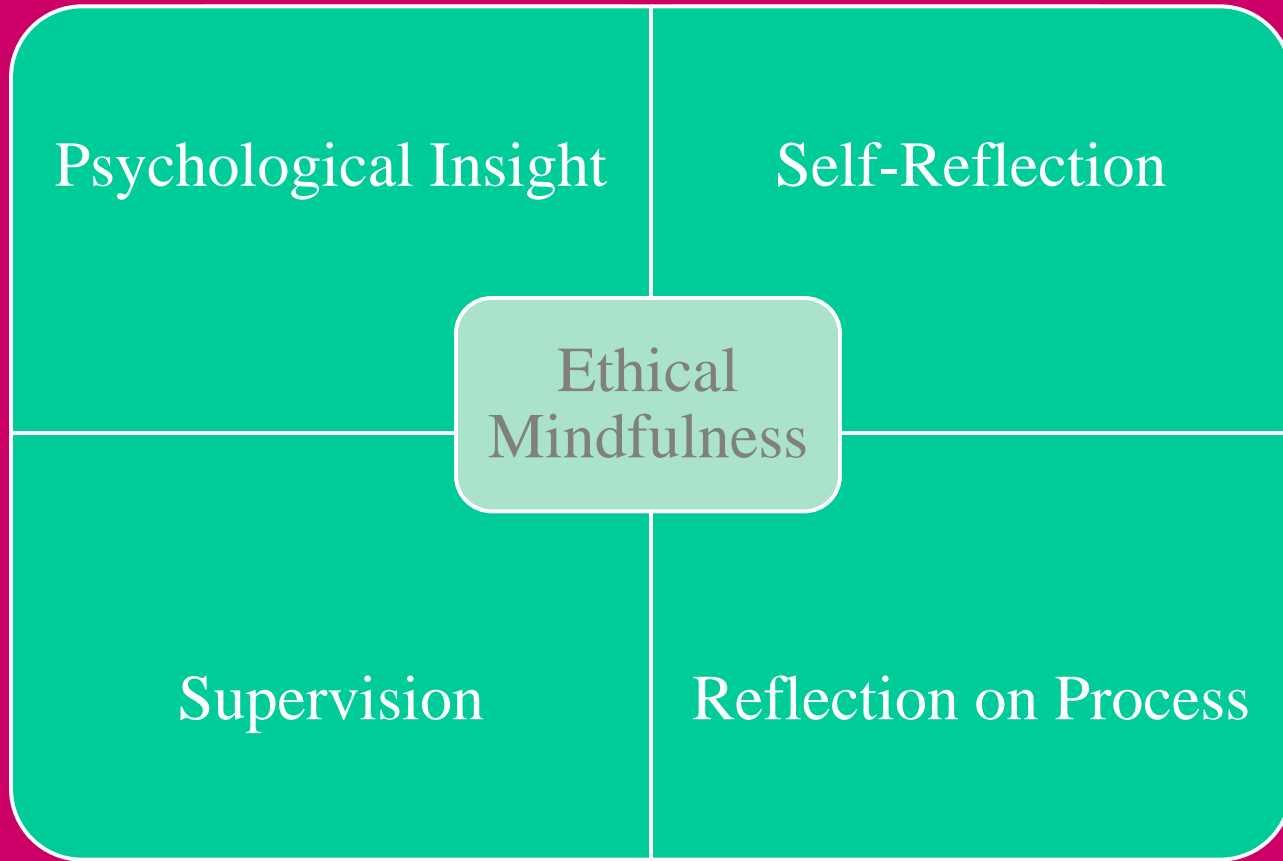
HUMILITY

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

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.



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
- Corey G et al (2007) *Issues and Ethics in the Helping Professions* Thomson /Brook Cole
- Houser R et al (2006) *Culturally relevant Ethical decision Making in Counselling* Sage
- Gray P (2007) *Care and protection for abused clients* Therapy Today Sep Vol 18, 7
- Kahan J (2006) *Complaints and Competence* Therapy Today Nov vol17No9
- Palmer Barnes F & Murdin L (2001) *Values and Ethics in the Practice of Psychotherapy and Counselling* Buckingham: OU Press
- Poynton C (2007) *Safeguarding the Client* Therapy today Vol 18, 7 Sep
- Pointon C (2007) *Safeguarding the Client* Therapy today Vol 18, 7 Sep
- Tribe R and Morrissey J (eds) (2005) *Handbook of Professional and Ethical Practice for Psychologists, Counsellors and Psychotherapists* Brunner Routledge
- 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?