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What are ethical considerations in counseling

This requires clients to be able to trust their practitioner with their wellbeing and sensitive personal information. This standard may be achieved with the assistance of appropriate professional support.c. collaborate with their trainers, placement providers, supervisors and other professional advisers to provide services to their clients that satisfy professional standards by being undertaken with reasonable care and skill. We will respect our clients' privacy and dignity. All research that we undertake will be guided by the BACP Ethical Guidelines for Research in the Counselling Professions. be watchful for any incompatibilities between contractual requirements that have implications for work with clients, for example, between agreements with clients, training providers and placements, and seek appropriate support in order to ensure that all contractual requirements are compatible. Therefore supervisors require adequate levels of expertise acquired through training and/or experience, keeping ourselves informed of any relevant research and evidence-based guidance. Ethical standards also require counselors to stay within their scope of practice, referring clients to other professionals when issues fall outside their expertise.2 Counselors' main goal should always be to provide the clients with the support they need, regardless of where it comes from. The ACA Code of Ethics outlines various ethical scenarios for counselors and offers guidelines for navigating ethical dilemmas in counseling. Personal moral qualities 8. 58. We will monitor how clients experience our work together and the effects of the work with them in ways appropriate to the type of service being offered, keeping our skills and knowledge up to datec. 87. We are fully and unconditionally committed to fulfilling a specific requirement of Good practice where we state 'we will...' or 'we must...'. Therefore a substantial part or preferably all of supervision needs to be independent of line management. All reasonable requests for this information will be answered promptly. Supervisors will also ensure that they work with appropriate professional support and their own supervision. 75. Counselors must strive to provide clients with the most comprehensive clinical and support services available, which means that they should have a basic knowledge of which additional services are available locally. challenge assumptions that any sexual orientation or gender identity is inherently preferable to any other and will not attempt to bring about a change of sexual orientation or gender identity or seek to suppress an individual's expression of sexual orientation or gender identityf. Careful consideration will be given to the undertaking of key responsibilities for clients and how these responsibilities are allocated between the supervisor, supervisee and any line manager or others with responsibilities for the service provided. It may seem obvious, but counselors must never share confidential information on social media.3For the good of the client, the counselor and, ultimately, the profession, ethical dilemmas must never be ignored. Of the most common ethical complaints, the top two are sexual misconduct with adult clients, at 29% of the total, and insurance/fee problems, at 21% of the total.1 These statistics underscore the need for a strong ethical foundation in counseling practice. The articles explore why ethics are crucial in counseling, how to navigate ethical dilemmas and the importance of continuing education in maintaining ethical standards.Ethics in counseling serve as the backbone of the profession, informing counselors in making decisions that prioritize the well-being of their clients.2 Building trust is essential in the counselor-client relationship, and adherence to ethical guidelines is key to establishing and maintaining this trust. Any information about the teaching, education or learning opportunities being provided will be accurate and enable potential students to make an informed choice. We will endeavour to inform clients well in advance of approaching endings and be sensitive to our client's expectations and concerns when we are approaching the end of our work together. 1. This includes being a supervisor, trainer, educator of practitioners, or researcher of any aspect of the counselling professions. This bond frees clients to feel as though they can be open and vulnerable without fearing judgment or a betrayal of confidence. Supervision is recommended to anyone working in roles that require regularly giving or receiving emotionally challenging communications, or engaging in relationally complex and challenging roles. 63. Good practice point 81 sets out the commitments for working with other trainees to learn new knowledge and skills. In exceptional circumstances, the need to safeguard our clients or others from serious harm may require us to override our commitment to making our client's wishes and confidentiality our primary concern. 54. They represent a moral energy or drive that may operate unconsciously and unexamined. No statement of ethics can eliminate the difficulty of making professional judgements in circumstances that may be constantly changing and full of uncertainties. Supervision also sustains the personal resourcefulness required to undertake the work. We must be competent to deliver the services being offered to at least fundamental professional standards or better. 79. A good understanding of the ethics that underpin our work is a valuable resource which is helpful in making significant decisions, is informed about the current culture and customs that affect parenting/care giving and how children and young people interact with each other and other significant people in their lives. The arrangements for collaboration will usually be agreed and discussed with the trainee in advance of working with clients, actively protecting information about clients from unauthorised access (disclosure). 44. This Code of Ethics can assist professionals facing ethical dilemmas in counseling by offering a detailed set of protocols to help guide their course of action Unfortunately, ethical violations do occur. 18. In the interests of openness and honesty with clients:a. Our ethics are based on values, principles and personal moral qualities that underpin and inform the interpretation and application of Our commitment to clients and Good practice, reading professional journals, books and/or reliable electronic resourcesb. 45. protecting client confidentiality and privacyc. ensuring that our wellbeing is sufficient to sustain the quality of the work. Supervisors will conscientiously consider the application of the law concerning supervision to their role and responsibilities, follow good ethical practice when working with each other, for example when practicing skills or in personal development. 82. 35. They may also be discussed with our colleagues or managers in order to enhance the integrity of the work being undertaken. In addition, counseling educators should actively recruit and retain a diverse body of students to support a commitment to improving diversity in the counseling field.3Benefits to clients will only be realized if important research advancements in the field of counseling are shared with practitioners. Supervisees have a responsibility to be open and honest in supervision and to draw attention to any significant difficulties or challenges that they may be facing in their work with clients. collaborating with colleagues to improve the quality of what is being offered to clientsd. We will ensure candour by being open and honest about anything going wrong and promptly inform our clients of anything in our work that places clients at risk of harm, or has caused them harm, whether or not the client(s) affected are aware of what has occurred by:a. 27. discussions with colleagues working with similar issues. If you face a delicate situation in your work as a counselor, these guidelines can help you assess how to serve your clients and your profession appropriately and effectively. Counselors must keep the welfare of the client in mind and establish boundaries that neither the client nor counselor relationship clear. 66. 14. Good supervision is much more than case management. 41. Supervisors and supervisees will periodically consider how responsibility for work with clients is implemented in practice and how any difficulties or concerns are being addressed. We will take the law concerning equality, diversity and inclusion into careful consideration and strive for a higher standard than the legal minimum. We will make each client the primary focus of our attention and our work during our sessions together. The research methods used will comply with standards of good practice in any services being delivered and will not adversely affect clients. Whenever we communicate our qualifications, professional experience and working methods, we will do so accurately and honestly. 78. The technical and practical knowledge may vary according to how services are delivered but all our services will be delivered to at least fundamental professional standards or better, communicating any benefits, costs and commitments that clients may reasonably expect. We will take responsibility for considering how best to act in such situations and will be ready to explain why we decided to respond in the way we did. We will give careful consideration to the best approaches to ethical problem-solving. 81. 24. We recognise that conflicts of interest and issues of power or dependence may continue after our working relationship with a client, supervisee or trainee has formally ended. 42. Peer supervision can function as a support network, helping counselors manage the emotional and professional challenges they may encounter. All participants in research will do so on the basis of explicit informed consent. We will usually support and provide opportunities for research if it is compatible with the services we provide, communicating clearly what clients have a right to expect from usb. 3. 46. We will periodically review each client's progress and, when practicable, seek our client's views on how we are working together. This can be done by using the foundational principles to determine which one takes priority in the situation, reviewing relevant literature, discussing with an experienced counselor or supervisor or consulting state or national associations.4Considerate options. Consider as many courses of actions and potential outcomes of different actions as possible.4Evaluate options. Evaluate all options from the previous step, keeping in mind how the consequences will affect all parties involved. Consideration needs to be given to how any of these arrangements and responsibilities will be communicated to clients in ways that are supportive of and appropriate to the work being undertaken, regular continuing professional development to update knowledge and skillsf. This section of the Ethical Framework looks behind Our commitment to clients and Ethics to consider their implications for good practice in more detail. In the event of death or illness of sufficient severity to prevent the practitioner communicating directly with clients, we will have appointed someone to communicate with clients and support them in making alternative arrangements where this is desired. We will establish and maintain appropriate professional and personal boundaries in our relationships with clients by ensuring that:a. Clients must feel confident that their counselor will act in their best interests, respect their confidentiality and provide a safe space for them to express their thoughts and feelings.2Respecting professional boundaries is another critical aspect of ethical counseling, repairing any harm caused, so far as possible. Teachers and supervisors must be fair, honest and accurate when assessing students and supervisees. Session fees should be affordable for the client, and the counselor must make the fees clear from the start.4Counselors need to safeguard the individual rights and privacy of their clients. Clients should be made aware if information about them has to be shared with others outside the counseling relationship, and only essential information should ever be revealed to outside parties, providing the client with a record or easy access to a record of what has been agreed e. 28. 67. Supervision provides practitioners with regular and ongoing opportunities to reflect in depth about all aspects of their practice in order to work as effectively, safely and ethically as possible. 6. Counselors are required to disclose client behaviors that indicate the potential for self-harm or harm to others.2 Lastly, if sessions are to be recorded or observed, counselors must first obtain the permission of the client.4 All counseling practices and treatments should be grounded in good practice. 10. Investigating and take action to avoid whatever has gone wrong being repeated 53. Counselors must navigate the fine line between professional and personal relationships, ensuring that their interactions with clients remain appropriate and focused on each client's needs. Continuing education provides opportunities for counselors to deepen their understanding of ethics, refine their skills in handling ethical dilemmas and improve their quality of care.2Numerous resources are available for continuing education in counseling ethics, including workshops, online courses and conferences.2The American Counseling Association (ACA) offers webinars, conferences and online courses covering a wide range of ethical topics6The National Board for Certified Counselors (NBCC) provides continuing education opportunities, including ethics-focused courses that fulfill licensure requirements7The American Psychological Association offers online courses and on-demand video programs to earn continuing education credits through a variety of topics8Regularly discussing cases with peers allows counselors to receive feedback, gain new perspectives and ensure that their practice aligns with ethical guidelines. 29. using thoroughly anonymised information about clients where this provides a practical alternative to sharing identifiable information 56. endeavour to demonstrate equality, value diversity and ensure inclusion for all clientsb. We will not have sexual relationships with or behave sexually towards our clients, supervisees or trainees. takes account of their capacity to give informed consent, considering whether it is appropriate to seek the consent of others who have parental responsibility for the young person, and their best interests. In peer supervision sessions, counselors can present ethical dilemmas they have faced, explore potential solutions and learn from the experiences of others. This requires adequate levels of privacy, safety and containment for the supervisee to undertake this work. Where the urgency or seriousness of the situation requires us to intervene before providing such information, we will do so at the first appropriate opportunity. Put clients first by:a. 19. Trainee supervision will require the supervisor to collaborate with training and placement providers in order to ensure that the trainee's work with clients satisfies professional standards, providing an appropriate standard of service to our clients. 2. All trainers will have the skills, attitudes and knowledge required to be competent teachers and facilitators of learning for what is being provided. 22. It may be helpful to provide clients with a contract to sign that clearly lays out boundaries and appropriate behavior of both the counselor and the client.3Client welfare is at the heart of ethical counseling. 89. Trainees working with each other will:a. Principles 5. We will avoid having sexual relationships with or behaving sexually towards people whom we know to be close to our clients in order to avoid undermining our clients' trust in us or damaging the therapeutic relationship. 26. ensuring that disclosure of personally identifiable information about clients is authorised by client consent or that there is a legally and ethically recognised justification, communicating terms and conditions of the agreement or contract in ways easily understood by the client and appropriate to their context. It sets out what can be expected of all members and registrants of BACP as practitioners providing therapeutically-informed services, particularly coaching, counselling, pastoral care, psychotherapy and using counselling skills. Focus on the options that will produce the desired results, ensuring that clients are promptly informed about anything that has occurred which places the client at risk of harm or causes harm in our work together, whether or not clients are aware of it, and quickly taking action to limit or repair any harm as far as possible; any dual or multiple relationships will be avoided where the risks of harm to the client outweigh any benefits to the client. Build an appropriate relationship with clients by:a. reviewing our work with clients in supervision. Their perceived presence or absence will have a strong influence on how relationships with clients and colleagues develop and whether they are of sufficient quality and resilience to support the work. Your action or inaction in any situation involving ethics will affect all parties involved, so let the foundational principles of counseling guide your decisions.2Autonomy: Counselors should encourage and enable clients to take control of the direction of their own lives wherever possible.4Non-maleficence: Counselors' chosen action or inaction should never intentionally cause harm.Beneficence: Mental health and well-being should be a priority for the good of the individual and for society more broadly.4Justice: Counselors should treat all people fairly and equitably.Fidelity: Counselors should honor all personal and professional commitments, promises and responsibilities.The ACA has put together an Ethical Decision-Making Model to help counselors make decisions when challenging ethical dilemmas arise. Identify the dilemma: Gather as much information as possible in order to recognize when a situation presents an ethical challenge. Values are a useful way of expressing general ethical commitments that underpin the purpose and goals of our actions. 47. 33. We share a responsibility with all other members of our professions for the safety and wellbeing of all clients and their protection from exploitation or unsafe practice. Trainers and educators will encourage trainees to raise any concerns at the earliest opportunity and have processes and policies for addressing any trainee's concerns, taking care that all contractual requirements concerning the management and communication of client information are mutually compatiblef. 73. Our responsibilities are set out as full or qualified obligations. These arrangements will usually be reviewed at least once a year, or more frequently if required. Follow the link in each section for additional information, FAQs and resources. 11. Professionals have an ethical obligation to contribute to that knowledge base whenever possible and to keep aware of its current advancements.3Current trends in technology have changed the field, and today, face-to-face interaction is not always necessary, informing clients about any reasonably foreseeable limitations of privacy or confidentiality in advance of our work together, for example, communications to ensure or enhance the quality of work in supervision or training, to protect a client or others from serious harm including safeguarding commitments, and when legally required or authorised to disclose. 68. Practitioners will not undermine any colleague's relationship with clients by making unjustifiable or ill-judged comments. We will endeavour to build good working relationships and systems of communication that enhance services to clients, colleagues and others as is consistent with the purpose, methods and confidentiality of the service. We will avoid any actions that will bring our profession into disrepute, requiring that all recipients of personally identifiable information have agreed to treat such work with clients and what lies outside that work. Personal moral qualities are internalised values that shape how we relate to others and our environment. Supervisors must maintain professional relationships with their students, whether sessions are held virtually or in person. 7. 5. Trainers and educators will model high levels of good practice in their work, particularly with regard to expected levels of competence and professionalism, relationship building, the management of personal boundaries, any dual relationships, conflicts of interest and avoiding exploitation. The challenge of working ethically means that practitioners will inevitably encounter situations that require responses to unexpected issues, resolution of dilemmas, and solutions to problems. 94. notifying and discussing with our supervisor and/or manager what has occurred. 30. 64. 74. agreeing with clients on how we will work togetherd. We will collaborate with colleagues over our work with specific clients where this is consistent with client consent and will enhance services to the client. Practitioners will treat colleagues fairly and foster their capability and equality of opportunity. Professional counselors must understand the context of the client's beliefs, behaviors and cultural background. We will give careful consideration to how we manage situations when protecting clients or others from serious harm or when compliance with the law may require overriding a client's explicit wishes or breaching their confidentiality - see also 10, 55 and 64. A decision or course of action does not necessarily become unethical merely because it is controversial or because other practitioners would have reached different conclusions in similar circumstances. Counselor educators and supervisors must apply pedagogically sound instructional models. All trainees will:a. We will do all that we reasonably can to ensure that our clients are participating on a voluntary basis. We will consider carefully in supervision how we work with clients - see 60-73. Learn from a world-class faculty of experts as you explore ethical dilemmas made in the context of supervision will be consistent with confidentiality agreements with the clients concerned and compatible with any applicable agency policies. Being watchful for any incompatibilities between agreements with our clients and any other contractual agreements applicable to the work. 36. make adjustments to overcome barriers to accessibility, so far as is reasonably possible for clients of any ability wishing to engage with a serviceg. High levels of compatibility between personal and professional moral qualities will usually enhance the integrity and resilience of any relationship, work with issues of identity in open-minded ways that respect the client's autonomy and be sensitive to whether this is viewed as individual or relational autonomy. 16. Our fundamental values include a commitment to: respecting human rights and dignity alleviating symptoms of personal distress and suffering enhancing people's wellbeing and capabilities improving the quality of relationships between people increasing personal resilience and effectiveness facilitating a sense of self that is meaningful to the person(s) concerned within their personal and cultural context appreciating the variety of human experience and culture protecting the safety of clients ensuring the integrity of practitioner-client relationships enhancing the quality of professional knowledge and its application striving for the fair and adequate provision of services 4. Exceptionally, such a relationship will only be permissible following careful consideration in supervision and, whenever possible, following discussion with experienced colleagues or others concerned about the integrity of the counselling professions, when: enough time has elapsed or the circumstances of the people concerned have sufficiently changed to establish a distinction between the former and proposed new relationship any therapeutic dynamics from the former relationship have been sufficiently resolved to enable beginning a different type of relationship. We will encourage clients to raise any concerns about our work with them at the earliest possible opportunity, give any concerns careful consideration and, when appropriate, attempt to resolve them. The person undertaking this work will be bound by the confidentiality agreed between the practitioner and client, and will usually be a trusted colleague, a specially appointed supervisor or a person with whom the client has a long-standing relationship. We will ensure that all communications are in accordance with any legal requirements and what has been agreed with the client at the time of disclosure. 31. This Ethical Framework is intended to assist practitioners by directing attention to the variety of ethical factors that may need to be taken into consideration and to identify alternative ways of approaching ethics that may prove more useful. Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish personal health, wellness, education, and career goals. taking immediate action to prevent or limit any harmb. Any selection of students will be fair, respectful and transparent to candidates and use procedures designed to select suitable students. Supervision requires additional skills and knowledge to those used for providing services directly to clients. We recognise that exceptional situations may arise where we may need to prioritise the safety of the client or others over our client's wishes and confidentiality - see 10. The best practice is always to take action and, if necessary, cooperate with any investigations into alleged wrongdoing.3Ethical dilemmas are an inevitable part of counseling, given the complex and often sensitive nature of the work, trainees on a practitioner-qualifying course working with clients will inform clients (or ensure that clients have been informed) that they are traineesb. are open-minded with clients who appear similar to ourselves or possess familiar characteristics so that we do not suppress or neglect what is distinctive in their lives. Skip to top of page Thoughtful and impactful counselors understand that developing a bond of trust and respect with their clients is critically important. recognise when our knowledge of key aspects of our client's background, identity or lifestyle is inadequate and take steps to inform ourselves from other sources where available and appropriate, rather than expecting the client to teach us. Skip to page content Skip to navigation You are here: This is the full text of the Ethical Framework. All communications between clients and their trainers 83. Read them carefully and follow the course of action to resolve the dilemma. Determine the nature of the dilemma. Examine the dilemma at length to ensure that all its dimensions have been explored. These codes provide a framework for resolving ethical issues and protecting client welfare. However, practitioners may encounter circumstances in which it is impossible to reconcile all the applicable principles, demonstrates knowledge and skills about ways of working that are appropriate to the young person's development and how relationships are formed. To avoid misunderstandings, set expectations and discuss boundaries, confidentiality and the counselor's role. We will inform clients in advance of any planned breaks in working together, for example, holidays or medical treatments, and give as much notice as possible. be open and honest with trainers, placement providers and supervisors about all issues relevant to their selection, training, supervision and professional practice 84. Counselors are obligated to act in the best interests of their clients, which includes providing competent services, avoiding harm and advocating for their clients when necessary. We will maintain our own physical and psychological health at a level that enables us to work effectively with our clients - see 91 Care of self as a practitioner. 8. We will keep accurate records that are: adequate, relevant and limited to what is necessary for the type of service being provided comply with the applicable data protection requirements - see Information Commissioner's Office website (www.ico.org.uk). demonstrates a sound knowledge of the law relevant to working with children and young people and their human rightsd. keeping up to date with the law, regulations and any other requirements, including guidance from this Association, relevant to our work 15. In such circumstances, we will do our best to respect the parts of our client's wishes or confidences that do not need to be overridden in order to prevent serious harm. Counselors have to understand new platforms and resources in order to determine whether they will better serve their clients. Our core principles are: Being trustworthy: honouring the trust placed in the practitioner Autonomy: respect for the client's right to be self-governing Beneficence: a commitment to promoting the client's wellbeing Non-maleficence: a commitment to avoiding harm to the client Justice: the fair and impartial treatment of all clients and the provision of adequate services Self-respect: fostering the practitioner's self-knowledge, integrity and care for self 6. Our work with clients will be based on professional partnerships with them that aim to increase their wellbeing, capability and/or performance, working in partnership with clients 4. being honest about the workb. informing clients about how the use of personal data and information that they share with us will be used and who is within the circle of confidentiality, particularly with access to personally identifiable information. Any unplanned breaks due to illness or other causes will be managed in ways to minimise inconveniencing clients and, for extended breaks, may include offering to put clients in touch with other practitioners. 2. This may require choosing which principles to prioritise. 39. This requires a strong understanding of ethical guidelines and the ability to apply them to real-world scenarios.5Consult the ACA Code of Ethics: Refer to the ACA Code of Ethics or other relevant professional guidelines to determine the appropriate course of action. All supervisors will model high levels of good practice for the work they supervise, particularly with regard to expected levels of competence and professionalism, relationship building, the management of personal boundaries, any dual relationships, conflicts of interest and avoiding exploitation. When diagnosing, counselors must carefully consider whether the associated treatment and potential outcomes will do more harm to the client than good.3Whether you are a counseling student or instructor, boundaries within your professional relationships are also crucial to ethical counseling behavior. This collaborative approach fosters a culture of continuous ethical development and growth, ensuring that counselors remain accountable and committed to the highest standards of practice.2Take a deep dive into the professional, ethical and legal matters you may encounter in counseling. Demonstrate accountability and candour by:a. The application of this Ethical Framework to the work with clients will be discussed in supervision regularly and not less than once a year. 32. We will maintain high standards of honesty and probity in all aspects of our work. 85. communicate our qualifications, experience and working methods accurately. To help professional counselors understand how to safeguard themselves and best serve their clients, the American Counseling Association (ACA) publishes a set of ethical guidelines that promote respect, dignity and just treatment within the context of the counselor and client relationship. Values inform principles. This moral energy or drive is ethically more beneficial when consciously examined from time to time and used to motivate our ethical development or shape how we work towards a good society. Work to professional standards by:a. Beneficence: a counsellor must accept responsibility for promoting what is good for the... 40. keeping accurate and appropriate records 3. Any professional or personal interests that conflict with putting a client's interests first will be carefully considered in consultation with a supervisor, an independent experienced colleague or, when appropriate, discussed with the client affected before services are offered. Once the action has been taken, follow up to ensure it produced the appropriate consequences.4Staying current with ethical standards and practices is essential for counselors, given the evolving nature of the field. Principles direct attention to important ethical responsibilities. We will exercise caution before entering into personal or business relationships with former clientsb. As members of the British Association for Counselling and Psychotherapy (BACP) we are committed to sustaining and advancing good practice. 7. All communications between colleagues about clients should be on a professional basis and thus purposeful, respectful and consistent with the management of confidences agreed with clients. They must always maintain professional boundaries. 43. We recognise that professional and ethical issues, problems and dilemmas will arise from time to time and are an unavoidable part of our practice. All positive working relationships with colleagues should be grounded in respect, even if professional approaches differ.3Without an accurate assessment of a client's presenting situation, the individual may not receive appropriate treatment. We will work collaboratively with colleagues to improve services and offer mutual support - see 56-59 Working with colleagues and in teams. 59. The ACA encourages counselors to offer pro bono work as a part of their professional activity, listening out for how clients experience our working together 5. Crossing these boundaries can lead to dual relationships, conflicts of interest and potential harm to the client. 52. not exploiting or abusing clients, reaching an agreement or contract that takes account of each client's expressed needs and choices so far as possiblef. 57. We will respect our clients as people by providing services that:a. 17. Any assessments of students will be fair, respectful and provide reasoned explanations for the outcome to the students. When we consider satisfying professional standards requires consulting others with relevant expertise, seeking second opinions, or making referrals, we will do so in ways that meet our commitments and obligations for client confidentiality and data protection. Not only should professional counselors follow a strict personal code of ethics in their work, but they should also hold peers accountable to high ethical standards. 65. monitoring how clients experience our work together and the effects of our work with them. We will also notify this Association of civil claims arising from work in the counselling professions, or if we have been declared bankrupt. We will work with our clients on the basis of their informed consent and agreement, working within our competence. We may need to act in ways that will support any investigations or actions necessary to prevent serious harm to our clients or others. Trainees will fulfil all the commitments to clients within the Ethical Framework when working with members of the public as their clients. Key personal qualities to which members and registrants are strongly encouraged to aspire include: Candour: openness with clients about anything that places them at risk of harm or causes actualharm Care: benevolent, responsible and competent attentiveness to someone's needs, wellbeingand personal agency Courage: the capacity to act in spite of known fears, risks and uncertainty Diligence: the conscientious deployment of the skills and knowledge needed to achieve beneficial outcome Empathy: the ability to communicate understanding of another person's experience from that person's perspective Fairness: impartial and principled in decisions and actions concerning others in ways that promote equality of opportunity and maximise the capability of the people concerned Humility: the ability to assess accurately and acknowledge one's own strengths and weaknesses Identity: sense of self in relationship to others that forms the basis of responsibility, resilience and motivation Integrity: commitment to being moral in dealings with others, including personal straightforwardness, honesty and coherence Resilience: the capacity to work with the client's concerns without being personally diminished Respect: showing appropriate esteem for people and their understanding of themselves Sincerity: a personal commitment to consistency between what is professed and what is done Wisdom: possession of sound judgement that informs practice Conclusion 13. 88. 76. As members and registrants of BACP, we have committed ourselves to the principles and values set out in this Ethical Framework and recognise that our membership or registration may be at risk if we fail to fulfil our commitments. Therefore:a. 25. We will inform clients about any fixed limits to the duration or number of sessions as part of the contracting process. 'Personal moral qualities' are a contemporary application of 'virtues' from moral philosophy. We will give careful consideration to how we reach agreement with clients and will contract with them about the terms on which our services will be provided. We will give careful consideration to obtaining and respecting the consent of vulnerable adult clients, wherever they have the capacity to give consent, or involving anyone who provides care for these clients when appropriate, we will avoid sexual or intimate relationships with former clients or people close to them. This means that clients need to understand the counseling process and have clearly established counseling goals.2 Counselors must maintain and safeguard client records in an accurate and timely manner. It includes working in depth on the relationship between practitioner and client in order to work towards desired outcomes and positive effects. 50. 71. 93. Show respect by:a. keeping a record of what has been agreed and of any changes or clarifications when they occur. 20. being willing to discuss with clients openly and honestly any known risks involved in the work and how to protect ourselves and our clients' desired outcomes by: communicating any benefits, costs and commitments that clients may reasonably expect, stating clearly how a client's confidentiality and privacy will be protected and in circumstances in which confidential or private information will be communicated to othersd. By outlining this statement of ethics, members and registrants of the British Association for Counselling and Psychotherapy are committing themselves to engaging with the challenge of striving to be ethical, even when doing so involves making difficult decisions or acting courageously. 90. The practitioner's personal and relational moral qualities are of the utmost importance. 80. Clear communication of boundaries at the beginning of a counselor-client relationship is key. 48. Clients will be informed of any applicable complaints processes open to them including the Professional Conduct Procedures of this Association. 72. We value research and systematic inquiry by practitioners as enhancing our professional knowledge and providing an evidence-base for practice in ways that benefit our clients. They become more precisely defined and action-orientated when expressed as a principle, seek their clients' permission to use any information from work with them for training purposes, for example, in presentations, case studies or as assessed practice, avoid unfairly discriminating against clients or colleaguesc. 34. reasonable care is taken to separate and maintain a distinction between our personal and professional presence on social media where this could result in harmful dual relationships with clientsd. Consent is required if anonymity cannot be assured or when required by the training provider's instructions or regulations.b. ensure that they deliver services that satisfy the minimum professional standards when working as practitioners with members of the public. Common ethical challenges in counseling include biases, confidentiality issues and managing dual relationships.2 Identifying these dilemmas early is crucial to resolving them effectively and minimizing potential harm to the client.When challenges do arise, the way forward may not immediately be clear. 37.

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