

Ethical Framework for the Counselling Profession

The Ethical Framework sets out expected ethical principles, values and good practice standards. Ethics are based on values, principles and personal moral qualities that underpin and inform the interpretation and application of my commitment to clients and good practice.

Commitment to Clients: Clients need to be able to participate freely as they work with the counselling profession towards their desired goals. This requires clients to be able to trust their practitioner with their wellbeing and sensitive personal information. Therefore, as a member of the BACP, I take being trustworthy as a serious ethical commitment.

Values: Values are a useful way of expressing general ethical commitments that underpin the purpose and goals of our actions. My 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

Principles: Principles direct attention to important ethical responsibilities. My 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.

Working to professional standards: I must be competent to deliver the services being offered to at least fundamental professional standards or better. Satisfying professional standards requires consulting others with relevant expertise, seeking second opinions, or making referrals. This is done in ways that meet my commitment and obligation for client confidentiality and data protection.

Insurance: I will be covered by insurance when providing services directly or indirectly to the public.

Confidentiality: I will protect the confidentiality and privacy of clients by actively protecting information about clients from unauthorized access or disclosure.

Supervision: Supervision is essential to how practitioners sustain good practice throughout their working life. 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. Supervision also sustains the personal resourcefulness required to undertake the work.

Personal Information: You are given a code name and all information is stored anonymously and securely and within the guidelines of the BACP.

Medical: Any information given to me is strictly confidential. Should you be considered a danger to yourself or to others I am legally obliged to tell your doctor.