

STREE MANORAKSHA TRAINING

Ethical Principles and Issues in Counselling



Learning Objectives

- ❑ To understand the importance of ethics
- ❑ To discuss various ethical pillars of counselling and its process
- ❑ To acknowledge the ethical importance of confidentiality and its limits
- ❑ To demonstrate common ethical issues in counselling



Learning Objectives

- ❑ To understand the concept of Transference and its indicators
- ❑ To recognize Countertransference reactions in the counsellor



Ethical Principles in Counselling

- ❑ Working with women facing violence is filled with several ethical dilemmas.
- ❑ Maintaining ethical standards contributes to the welfare of any organization as well as the development of the individual.



Ethical Principles in Counselling....

Our ethics guide us through -

- ❑ Respecting and recognizing each individual's right to make decisions and act according to their beliefs and wishes
- ❑ To form a commitment to benefit the client
- ❑ Not to harm others intentionally
- ❑ A fair distribution of services within society



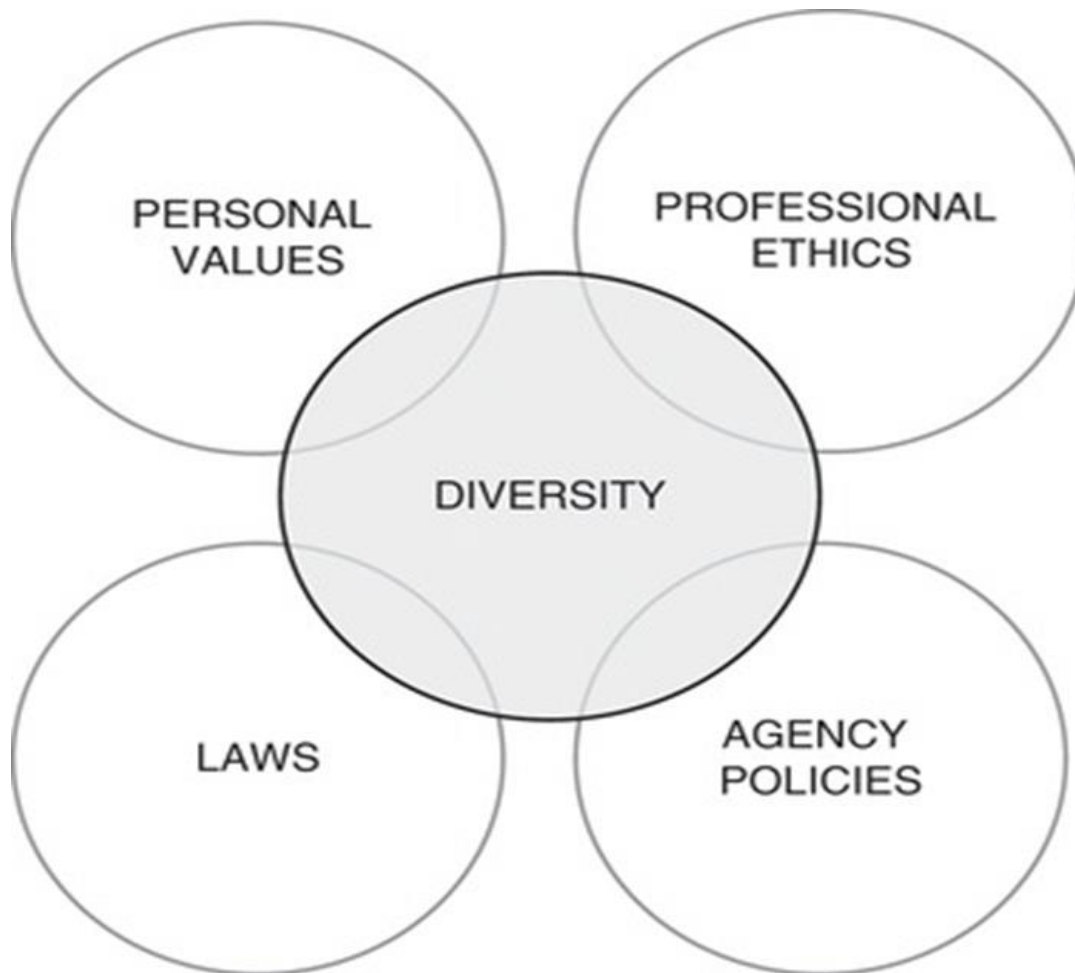
Ethical Principles in Counselling

- ❑ It helps the counsellor to differentiate among:
 - Being friendly vs friends
 - Being with the client, not becoming the client.

- ❑ It helps to avoid “rescuer” roles such as providing sponsorship, lending them money, assisting the client in child care etc.



Ethical dilemma



Ethical Principles in Counselling

| Main ethical principles of counselling | Integral part of counselling |
|--|--|
| <ul style="list-style-type: none">● Beneficence● Non-maleficence● Autonomy● Justice | <ul style="list-style-type: none">● Confidentiality● Being trustworthy● Patience● Genuineness● Unconditional positive regard● Professional responsibility |

Main Ethical Principles of Counselling



Beneficence

- ❑ Beneficence refers to acting to the best interest of the client
- ❑ Providing services based on adequate training, experience and supervised practice
- ❑ Understanding one's limits of competence

Beneficence

- ❑ Providing service to the clients whose capacity for autonomy and judgement is diminished because of pre-existing sensory and intellectual disability
- ❑ Additionally those in extreme distress, serious disturbances or other significant personal constraints.

Autonomy

- ❑ Counsellors needs to decrease client dependency and encourage independent decision making
- ❑ Respect and acknowledge client's ability to self-direct - the client is in control and can decide and act as needed for themselves
- ❑ Acting in accordance to client's needs/wishes (instead of obeying the wishes/needs of others)

Autonomy...

- ❑ Counsellors should not knowingly or unintentionally impose their views on the client.
- ❑ Respecting the client's right to decline, discontinue or resume counselling at any point.

Non-Maleficence

- ❑ “Above all do no harm” - not causing harm to client
- ❑ Avoiding sexual, emotional, financial or any form of exploitation
- ❑ Not providing services when unfit to do so due to illness, personal circumstances or intoxication

Justice

- ❑ A Counsellor should be fair and not discriminate based on caste, class, marital status, sexual orientation, religion, disability etc.
- ❑ Committed to equality of opportunity and services
- ❑ Respecting human rights and dignity

Justice...

- ❑ Every client is different; not the same solution for every client
- ❑ Fair provision of services being accessible and appropriate to the needs of potential clients

Integral Components of Counselling



Confidentiality

Respect her privacy and confidentiality

- Ensure you protect the woman's privacy
- Counsellors should not reveal information about their clients to anyone
- Do not discuss her story with anyone unless it is in her interest, with her consent

Confidentiality...

❑ Storage:

- All formal and informal exchanges
- Written reports and case records

❑ Sharing:

Sharing of information to family members and professionals - done only with the consent of the client

- ## ❑ Security: The protection of stored information, whether it is in physical or electronic form.

Confidentiality...

- ❑ Disclose any issues related to IPV/GBV only with the woman's consent
- ❑ Help her see the pros and cons of disclosure and take an informed decision
- ❑ Use discretion while disclosing IPV/GBV to other professionals, referral agencies or even to family members

When can we break confidentiality

- ❑ When a client has risk of harming self (suicidal ideas/behaviours)

- ❑ When a client has risk of harming others

- ❑ In cases of child abuse or neglect

- ❑ When vulnerable adults are being abused
(E.g. A person with Intellectual disability,
sensory impairment)

When can we break confidentiality...

- ❑ During court-ordered psychological evaluations
- ❑ For the purpose of involuntary hospitalization
- ❑ When a client raises the issue of mental condition in legal proceedings

Being trustworthy (fidelity)

- ❑ A trusting and therapeutic environment is created without deceit and exploitation.
 - Honouring the trust placed in the counsellor
 - Restricting any disclosure of confidential information about client
 - Transparency in fees structure

Patience

- ❑ Having patience means being able to tolerate frustration without experiencing extreme negative emotions or exhibiting typical signs of frustration
- ❑ The client's lack of initiative and reluctance affects the counsellor, resulting in the counsellor giving up on the client.
- ❑ The client will take some time to make a positive change

Genuineness

- ❑ Counsellor's genuine care about the client's well being and understanding why the client has come
- ❑ Self-awareness: Counsellors need to be aware of their strengths and limitations and can communicate their feelings appropriately

Genuineness

- ❑ Comfortable with the client – create a safe environment where they will feel comfortable enough to open up and talk
- ❑ Counsellors need to make them realize that they have strengths regardless of their circumstances.

Unconditional positive regard

- ❑ Caring, nurturing and acceptance—even when another person has done something questionable
- ❑ Providing warmth through nonverbal behaviour such as a smile, tone of voice, and facial expressions

Unconditional positive regard

- ❑ Counsellor can ask a client to explain why they behaved in a particular manner
- ❑ Rather than condemning the person's action

Professional responsibility

- ❑ An accurate assessment of a client's situation is essential; otherwise, the individual may not receive appropriate treatment
- ❑ Use of only standardized, reliable tools for authentic results

Professional responsibility

- ❑ Provide beneficial services to the client within the boundaries of competence, referring the client when necessary
- ❑ Manage personal stress and provide adequate service

Supervision of counsellor

- ❑ Counsellors may experience a range of emotions themselves, such as shock, helplessness, grief, anger etc...
- ❑ It is important to be aware of their vulnerabilities, biases, values and principles
- ❑ Ensure that it is in no way interfering with the counselling process
- ❑ Counsellors may require regular debriefing with supervisor

Transference and Countertransference

Transference

- ❑ Client's unrealistic and often inappropriate feelings, thoughts, and behaviors towards therapist.
- ❑ An unconscious displacement of attitudes held originally towards significant persons in the client's life
- ❑ Clients may attribute motherly/fatherly feelings towards counsellor. They can be good or bad feelings.



Transference indicators

- ❑ Client attitude towards therapist suddenly changes (Angry, subdued, too friendly, vague, unusually talkative)
- ❑ Client makes remarks (“no one understands me”; “I disappoint everyone”)
- ❑ Client confronts therapist with the accusation “I’m not getting anything out of therapy”; “you like your other clients more”

Transference indicators

- ❑ Boredom, angry, stuck, disinterested, distracted
- ❑ Sexual Attraction
- ❑ Avoidant or afraid
- ❑ Not trying to follow effective skills/advice in therapy
- ❑ Missing appointments, not adhering to timings.

Factors that increase transference

- ❑ **Situations** in which a person is relatively helpless or afraid, who requires protective relationship
- ❑ The client's **anxiety** about her physical or psychological safety (e.g. when sick and afraid)
- ❑ **Personality:** lesser ability to reflect on their state of mind, feelings and needs

Countertransference

- ❑ Countertransference refers to a range of reactions and responses based on the counsellor's past experiences and personal issues (including the client's transference reactions).

- ❑ Countertransference occurs
 - when a therapist redirects their own feelings or desires onto their clients

Countertransference

- ❑ Countertransference occurs
- When the counsellor loses his/her objectivity
- Overwhelmed, angry, or sad when hearing a client's story.
- For example, If the client is dealing with issues arising from her sexual abuse experience, the counsellor also is an abuse survivor.

Countertransference...

- ❑ Then it is quite likely that the client's experiences will evoke in the counsellor extreme feelings such as rage and shame arising from one's own abuse experience.
- ❑ These emotions can affect the objectivity and compromise one's capacity to help the client.

Countertransference...

The therapist should examine:

- ❖ Identifying with the client, when empathy has become sympathy.
- ❖ Irritated and impatient at the lack of progress.
- ❖ The development of a strong liking for or dislike of the client

Thank You

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