

Theories & Foundations of Counseling

Class 2 -The Counselor and Legal/Ethical Issues

Class 2 Objectives

- Discuss the role and responsibility of the counselor
- Identify the characteristics of the counselor as a therapeutic person.
- Understand the benefits of seeking personal counseling as a counselor.
- Explore issues faced by beginning therapists
- Discuss the uniqueness of Christian counselors
- Understand various ethical and legal issues in counseling

REMINDER:

Suggested Strategies to Succeed in this Class (Part 1)

1. HEAVY READING:

- If you did not yet get the required textbooks for this course, get them immediately! If they will not arrive immediately, see if you can borrow someone's books and complete the required reading this week for weeks 1 & 2.
- Set aside 4 to 5 hours per week just for the reading! The reading requirements are substantial. If you do not keep up with the reading, you will not do well in this course. How well students do in this course is often a barometer of how well they will do in the overall AGSC program, on the comprehensive exam (aka "the comps") and/or on the National Counselor's Exam (NCE)
- Time yourself while reading the first few chapters to estimate how many pages you can reasonably absorb per hour and use that estimate to plan out how much time you will need to set aside each week for that week's assigned reading
- Buy and use a highlighter to highlight key points as you read them. The books used in this course are core, foundational books; it might be wise to keep them versus resell them. The weekly quizzes will come directly from the key points in the reading.
- Set aside 10 to 20 minutes the day of class to review what you highlighted in the reading so you can remember the key points for both the class discussion and the weekly quizzes.
- If you can, buddy up with a classmate (or two) and quiz each other on the reading before the class meets each week.
- Bring the required reading books to class each week for the discussion and lecture.

2. HEAVY READING: If you did not take strategy 1 above seriously, please re-read it!

REMINDER:

Suggested Strategies to Succeed in this Class (Part 2)

3. **VOCABULARY:** Study the chapter vocabulary each week. You will be quizzed on the vocabulary that is in the corresponding reading. There are a lot of vocabulary words for this class; however, they are core and foundational for the mental health profession. (The definitions for the key vocabulary words can be found in e360 under Resources).
4. **ORDINARY PEOPLE MOVIE:** Get a copy of the movie and watch it this month so you can start to think each week about what you will write in your final paper as you study each theory. The course outline requires it to be watched by week 4, but it might be more advantageous to you to watch it well before then.
5. **PAPERS:** Do not wait until the week before each paper is due to start on them. Plan ahead. Begin the one-page write-up of each theory as you learn about that theory.
6. **ATTENDANCE/PUNCTUALITY/CLASS PARTICIPATION:** Arrive 5 to 10 minutes before each virtual class starts so you are on time and ready to participate. Remember that you are preparing to be a mental health counselor where you will need to arrive a few minutes before your clients do and be mentally prepared to help them.

Think About.....

What material
impacted you the
most?
Why?



The Effective Counselor

- The most important instrument you have is YOU
 - Your living example of who you are and how you struggle to live up to your potential is powerful
- Be authentic
 - The stereotyped, professional role can be shed
 - If you hide behind your role the client will also hide
- Be a therapeutic person
 - Be willing to grow, risk, care, and be involved

Research on Psychotherapy Outcomes

- Abundant research indicates the centrality of the person of the therapist and therapeutic relationship as key factors in successful therapy.
- The contextual factors, not techniques, are the primary determinants of therapeutic outcome.

Counseling for the Counselor

- Can help you explore your motivations for being a counselor, countertransference, and other issues that are triggered by clinical work
- Research shows that it is important to counselors' personal and professional development
- If we are not committed personally to the value of examining life, how can we inspire clients to examine their lives?

The Counselor's Values

- Avoid value imposition
- Recognize that you are not value-neutral
- Assist clients in creating goals and finding answers that are most congruent with their own values
- Find ways to manage value conflicts between you and your clients

Becoming Multiculturally Competent

- Become aware of your biases and values
- Become aware of your own cultural norms and expectations
- Attempt to understand the world from your client's vantage point
- Gain a knowledge of the dynamics of oppression, racism, discrimination, and stereotyping

Becoming Multiculturally Competent

- Study the historical background, traditions, and values of your client and be open to learning from him/her
- Expand your vantage point to explore your client's ways of life that are different from your own
- Develop an awareness of acculturation strategies

Issues Faced By Beginning Therapists

- Dealing with anxieties
- Being oneself and self-disclosing
- Avoiding perfectionism
- Being honest about limitations
- Understanding silence
- Dealing with demands from clients
- Dealing with clients who lack commitment
- Tolerating ambiguity

Issues Faced By Beginning Therapists

- Avoiding losing oneself in one's clients
- Developing a sense of humor
- Sharing responsibility with the client
- Declining to give advice
- Defining one's role as a counselor
- Learning to use techniques appropriately
- Developing one's own counseling style

Staying Alive – It's a Prerequisite

- Take care of your single most important instrument – YOU
 - Develop self-care strategies and a plan for renewal
- Know what causes burnout
- Know how to recognize and remedy burnout
- Know how to prevent burnout through self-care

Unique Characteristics of Christian Counselors

- Christian counseling can be simply defined as counseling that is:
 - Christ centered
 - Biblically based
 - Spirit filled
- A person's own appropriation of faith and integration of psychological and spiritual experience is therefore foundational in all integration work, including:
 - Theory and research
 - Practice
 - Personal integration

Unique Characteristics of Christian Counselors

- Carter and Narramore (1979) have suggested several essential attitudes and attributes:
 - Humility and an awareness of finite limitations
 - Tolerance for ambiguity
 - Balanced expression of one's intellect and emotions
 - Openness instead of defensiveness due to personal anxieties and insecurities
 - Eternal perspective on our work as part of humanity's God-ordained task of reconciling human beings to God, themselves, and others

Unique Characteristics of Christian Counselors

- Carter and Narramore (1979) have emphasized the need for Christian counselors to:
 - Spend as much time in the regular and systematic study of the Bible as in the study of psychology
 - Have both a general grasp of the structure and overall content of Scripture as well as working knowledge of Bible doctrine
 - Be involved in the fellowship of a Bible-believing church

Unique Characteristics of Christian Counselors

- Spiritual disciplines of the Christian counselor include practices such as:
 - Solitude and silence
 - Listening and guidance
 - Prayer and intercession
 - Bible study and meditation
 - Repentance and confession
 - Yielding and submission
 - Fasting
 - Worship
 - Fellowship
 - Simplicity
 - Service
 - Witness

Unique Characteristics of Christian Counselors

Four distinctives:

- 1. Unique assumptions:** Based on the Bible
- 2. Unique goals:** Not only alleviating symptoms or reducing suffering, but facilitating spiritual growth when appropriate
- 3. Unique methods:** Go beyond standard counseling skills and techniques – avoiding immoral or unbiblical methods / using spiritual interventions (e.g. prayer/Scripture)
- 4. Unique giftedness:** From God / Holy Spirit (e.g. encouragement or exhortation)

Professional Ethics

- Ethics codes are a fundamental component of effective counseling:
 - They are guidelines that outline professional standards of behavior and practice
 - Codes do not make decisions for counselors
 - Counselors must interpret and apply ethical codes to their decision-making

Types of Ethics

- ***Mandatory Ethics*** deals with the minimum level of professional practice
- ***Aspirational Ethics*** is a higher level of ethical practice
- ***Positive Ethics*** is an approach taken by practitioners who want to do their best for clients rather than simply meet minimum standards to stay out of trouble

Ethical Decision Making

- The principles that underlie our professional codes
 - Benefit others, do no harm, respect other's autonomy, be just, fair and faithful
- The role of ethical codes--they:
 - Educate us about responsibilities, are a basis for accountability, protect clients, are a basis for improving professional practice

Ethical Decision Making

- Making ethical decisions:
 - Identify the problem, review relevant codes and laws, seek consultation, brainstorm, list consequences, decide and document the reasons for your actions
 - To the degree it is possible, include the client in your decision making process

Informed Consent

- Clients need enough information about the counseling process to make informed choices
- Educate clients about their rights and responsibilities
- ***Informed consent*** should include information such as therapeutic procedures and goals, risks/benefits and alternatives to treatment, the right to withdraw from treatment, costs or fees, supervision, and the limits of confidentiality

Limits of Confidentiality

- Confidentiality is essential but not absolute
- Exceptions:
 - Client poses a danger to self or others
 - Clients who are under age 18, dependent adults, or older adults are victims of abuse
 - Client needs to be hospitalized
 - Information is made an issue in a court action
 - Client requests a release of record

Multicultural Issues

- ***Biases*** are reflected when we:
 - Neglect social and community factors to focus unduly on individualism
 - Assess clients with instruments that have not been normed on the population they represent

Multicultural Issues

- ***Biases*** are reflected when we:
 - Judge as psychopathological behaviors, beliefs, or experiences that are normal within the client's culture
 - Strictly adhere to Western counseling theories without considering their applicability to the client's diverse cultural background

The Assessment Process

- ***Assessment*** is an ongoing process designed to help the counselor evaluate key elements of a client's psychological functioning
 - Influenced by the therapist's theoretical orientation
 - Requires cultural sensitivity
 - Can be helpful in treatment planning

Diagnosis

- **Diagnosis** is the process of identifying a pattern of symptoms which fit the criteria for a specific mental disorder defined in the DSM-IV-TR (soon-to-be DSM-V)
 - Requires cultural sensitivity
 - Counselors debate whether a diagnosis is necessary
 - Can be helpful in treatment planning
 - If used only for insurance purposes, can lead to ethical dilemmas

Strengths of Evidence-Based Practice (EBP)

- Counselors use treatments that have been validated by empirical research
- Treatments are usually brief and standardized
- Are preferred by many insurance companies
- Calls for accountability among mental health professionals to provide effective treatments

Criticisms of EBP

- Considered by some to be mechanistic and insensitive to individual differences
- Not well-suited for working with existential concerns
- Difficult to measure both relational and technical aspects of a psychological treatment
- Has potential for misuse as a method of cost containment for insurance companies instead of a method of efficacious treatment for clients

Multiple or Dual Relationships

- Not inherently unethical
- Must be managed ethically to protect client's well-being
- Examples of nonsexual dual relationships include socializing or starting a business venture with a client, bartering services for goods, or borrowing money
- Sexual relationships with current or former clients are exploitive and can result in serious harm

Multiple or Dual Relationships

- A few helpful questions:
 - Will my dual relationship keep me from confronting and challenging the client?
 - Will my needs for the relationship become more important than therapeutic activities?
 - Can my client manage the dual relationship?
 - Whose needs are being met?

American Association of Christian Counselors (AACC) Code of Ethics

Core Values - Based on Romans 13:8-10:

⁸ Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. ⁹ The commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not covet,”^[a] ¹ and whatever other command there may be, are summed up in this one command: “Love your neighbor as yourself.”^[b] ¹⁰ Love does no harm to a neighbor. Therefore love is the fulfillment of the law.

American Association of Christian Counselors (AACC) Code of Ethics (cont'd)

- Practice the Golden Rule with all wisdom and grace
- Love your clients as yourself
- Don't do anything to your clients or those they love that you wouldn't want done to yourself
- For love does not wrong to any client. Therefore, to love your clients as Christ loves you is to fulfill all your obligations – all your moral-ethical-legal-duties – as a Christian counselor

Virtues of the Christian Therapist

1. <i>Compassion</i>	as opposed to	Elitism
2. <i>Servanthood</i>	“	Superiority
3. <i>Community</i>	“	Isolation
4. <i>Accountability</i>	“	Independence & autonomy
5. <i>Transparency</i>	“	Impression management
6. <i>Love</i>	“	Rogerian positive regard
7. <i>Stewardship</i>	“	Profit maximization
8. <i>Holiness</i>	“	Anonymity or wholeness
9. <i>Wisdom</i>	“	Mere secular brilliance
10. <i>Integrity</i>	“	Mere ethical compliance

Above all, should be *a true depth of spirituality*
centered in Christ and empowered by the Holy Spirit

Practice: Case Reflection

- Read the case on the following few slides:
 - Focus on your own values, and identify any areas where you might tend to impose them on a client
 - How do you see your values either helping or hindering your intervention in this case?

The “Case”

This case involves Melinda, a 25-year-old Latina who says she wants to have an abortion. She has been married for three years, already has two children, and says: “We had to get married because I was pregnant. We didn’t have money then. The second kid was not planned either. But now we really can’t afford another child.” Her husband is a policeman going to law school at night. She works as a housekeeper and plans to return to school once her husband finishes his studies and it is “her turn.” He should graduate in another year, at which time she is scheduled to enroll in classes at the community college.

The “Case” cont’d

Having another baby at this time would seriously hamper those arrangements in addition to imposing the previously mentioned financial burden. But the client reports:

“I go to call the clinic, and I just can’t seem to talk. I hang up the minute they answer. I just can’t seem to make the appointment for the abortion, let alone have one. I was never much of a Catholic, and I always thought you should be able to get an abortion if you wanted one. What’s wrong with me? And what am I going to do? I don’t exactly have a lot of time.”

Reminder: Class 3

- Read Corey chapter 4
- Read Tan chapters 4 & 6
- We will explore, “Psychoanalytic therapy and Jungian Therapy”
- Participate in Discussion Board 2
- Take your second quiz online (Password = Theories)
- Participate in virtual class meeting

Quiz for Week 3 Preparation Tips

- **Psychoanalytic (Including Jung) Material Only**
 - Corey chapter 4 and Tan chapters 4 and 6 including Corey key vocabulary for these chapters (loaded in e360 Resources)
- **20 questions: 15 Multiple Choice + 5 True/False**
 - True/False are directly from Tan's Biblical Perspective sections for both chapters 4 and 6. Study these sections closely!
 - Multiple choice are from the rest of Corey's/Tan's texts. Make sure you study Corey's key vocabulary for chapter 4!