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Psychotherapy

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Chapter 3: Ethical Issues

(21.) In an ethical dilemma, the steps I would take in making an ethical decision is identifying the problem by gathering the information that will give clarity to the problem which will help the therapists to decide if its a certain ethical issue, identifying other issues by evaluating the rights or responsibilities as well as who was involved in the situation, reading the ethics codes for direction and guidance on the matter, and seek out to other coworkers for consultation to get their perspective as well as more than one source based on the dilemma.(29.)Some of the most important guidelines for ethical practice is confidentiality which is a legal duty for therapist to not share any information about the client to no one it is also developing trust but also having the responsibility of the promise your making to the client of not sharing anything about the client. The right of informed consent is another important guidelines for ethical practice by giving the right for their clients to be informed about their therapy sessions such as educating their rights and responsibilities knowing the significance about counseling. (24.) Ways that I believe might be practicing unethically if I do not address cultural factors in my counseling practice such as not accepting or understanding my clients that have a different intake about life, making judgements about their values, not being aware about the issues behind the diversity and social justice, and not being alerted or aware of them being imposing their own worldview. (17.) Ethically, the counselor's responsibility is to terminate a relationship with a client when this relationship is not benefiting the client. The specific guidelines I would use to make this decision is recommending

my client to another counselor or give my client options of a few counselors because if I just terminate my client they may feel abandon or neglect. The criteria I can use to judge whether or not my client is benefiting from his or her counseling relationship with me is if my client express what they think about the session if it's getting anywhere or not if it is helping them reaching their goal during these sessions.