

1. Question 29- Some of the important guidelines for ethical practice for me are respecting multicultural clients and their beliefs and including the client in the process of confidentiality. Respecting multicultural clients and their beliefs is important because we are working with all types of people who are not the same. There are many cultural beliefs, boundaries, religious views, their concepts, their reactions to certain situations among other things that can play huge parts in their progression in therapy. Clients of different cultures can often also be misunderstood and because we may not understand certain cultural beliefs, we do have to respect them and take them into account when we are in sessions with clients. Multicultural clients also may not be open to certain practices or methods of therapy and it is our responsibility to remind them of a place of safety they should be finding in therapy. You do not want to say anything that may be out of line or disrespectful to them in any way. Confidentiality is also a big guideline that should be taken very seriously. It is one of the determining factors of whether or not the client will return to you as their therapist if you remind them of this being just as important to you as it is to them. Confidentiality brings up the line of trust that should be presented at the beginning of every intake because it shows the client that you also want to ensure this is important to you as well. Coming to therapy is already a huge step for any client who is seeking help therapeutically so constant affirmation of these 2 guidelines should be beneficial when mentioned. Clients will also remember that you want to prioritize their privacy and their cultural backgrounds.