## Ethical Foundations of Mental Health Counseling Discussion

Situation 9 is unethical. This is because Sharon has, in the past, had a sexual relationship with the client and, as such, it is against the code of ethics. The ACA Code of ethics section A.5.b clearly states that counselors are forbidden from counseling anyone with whom they have previously had a sexual and/or romantic connection (Ref-u836111). Therefore, in resolving this, I will use the informal resolution, which means discussing with the other counselor about it, letting her realize that her actions violated the ethics code and that she should therefore make an adjustment.

Situation 11 is unethical. According to the ACA Code of ethics section A.3, which talks about clients being served by other professionals, clearly says that the counselor should ask for permission from the client before contacting the other professional and also maintain a positive and collaborative relationship professionally (Ref-u433824). This is intended to help the client, as this will help them make the right and informed decisions about the client. The failure of the professional counselor to obtain consent is unethical. To resolve this situation, the informal resolution must be used, and the professional counselor must understand that they must obtain consent from their client and develop a professional relationship with the other counselor.

Situation 17 is unethical. According to the ACA Code of ethics section C.2.a, it clearly states that counselors should work exclusively within their field of expertise, as determined by their education, training, mentoring programs, national and state professional qualifications, and relevant professional experience (Brown and Garcia). The action by the professional counselor may have caused substantial harm to the client. Therefore, to resolve it, one needs to bring it before the ethical committee either at the state or federal level for appropriate action. One can also refer the case to the ethical committee of the certification body and the appropriate institutional authorities.