



HENDRIX

COLLEGE

Counseling Theories & Practice

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Author

Paul Beggs

BeggsPA@Hendrix.edu

Instructor

Prof. Sarah Root, Ph.D.

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CHAPTER 1

INTRODUCTION AND OVERVIEW

2.0.1 Managing Your Personal Values

Personal therapy contributes to the therapist's professional work in 3 ways:

1. As part of the therapist's training, personal therapy offers a model of therapeutic practice in which the trainee observes a more experienced therapist.
 2. A beneficial experience in personal therapy can further enhance a therapist's interpersonal skills, which are essential to skillful practicing therapy.
 3. Successful personal therapy can contribute to a therapist's ability to deal with the ongoing stresses associated with clinical work.
- Therapists have a responsibility to be aware of their own values and set aside personal beliefs, so they do not "contaminate the counseling process" (aka, Bracketing).

2.0.2 Becoming an Effective Multicultural Counselor

- Acquiring Competencies in Multicultural Counseling
 - Diversity-competent practitioners
 - * Beliefs and attitudes
 - * Knowledge
 - * Flexibility with Intervention Strategies

2.1 Maintaining Your Vitality as a Person and as a Professional or "Burnout Prevention"

- Therapeutic lifestyle changes (TLCs)
 - Physical activity
 - Diet and nutrition
 - Time in nature
 - Relationships
 - Recreation
 - Religious/spiritual involvement
 - Providing service to others

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3.1 Codes Versus Laws

3.1.1 Mandatory Codes

- Ethical functioning at the minimum level.

3.1.2 Aspirational Ethics

- Doing what is in the best interest of the clients.
- Going above and beyond the minimum requirements.
- Understanding the spirit of the code and the principles on which the code is based.

3.1.3 Steps for Ethical Decision-Making

- Identify the problem.
- Look at the relevant ethics codes and laws.
- Seek consultation.
- Brainstorm various possible courses of action.
- List consequences.
- Decide and document the reasons for your actions.
- To a degree, include the client in all phases of your ethical decision-making process.
- When clinicians are unsure of what action to take, they may contact their liability insurers to discuss the best plan of action to ensure ethical decision-making.

3.2 Informed Consent

- Clients must consent to treatment.
 - Uninformed consent –what problems could arise from this?
 - Patients could be under the impression that their treatment would be one way, but is actually another.
 - Informed consent are conditions that you disclose to the patient about the treatment they are about to receive.



- These conditions include:
 - The purpose of the treatment.
 - Potential risks and benefits.
 - Alternatives to the treatment.
 - Disclosure about the right to refuse treatment.
 - Any other information that the client may need to make an informed decision.

3.3 Confidentiality

Situations in which your therapist can legally break confidentiality:

- If the client is at risk of:
 - Harming themselves.
 - Harming others.
 - Being harmed by others.
- If there is child or elder abuse or neglect.
- If the client has a lawsuit against them (and the therapist is subpoenaed).
- The client can also sign a release of information form.
- Involuntary hospitalization.

3.4 Evidence-Based Practice

- Ethical treatment is effective treatment.
- How do you know that what you're doing is helping your clients?
 - You can use evidence-based practice.
 - Balancing treatment and relationship.
 - Outcome tracking.
 - Problems with relying on intuition.

3.5 Multiple Relationships

- These occur when the therapist has a relationship with the client outside the therapeutic relationship.
- Can be sexual or non-sexual.
- How could these cause ethical concerns for your clients?
- Prevention is key. Set healthy boundaries from the start.