



Sharon Langford

Work to professional standards by:

1. Working within our competence
2. Keeping our skills and knowledge up to date
3. Collaborating with colleagues to improve the quality of what is being offered to clients
4. Ensuring that our wellbeing is sufficient to sustain the quality of the work
5. Keep accurate and appropriate records

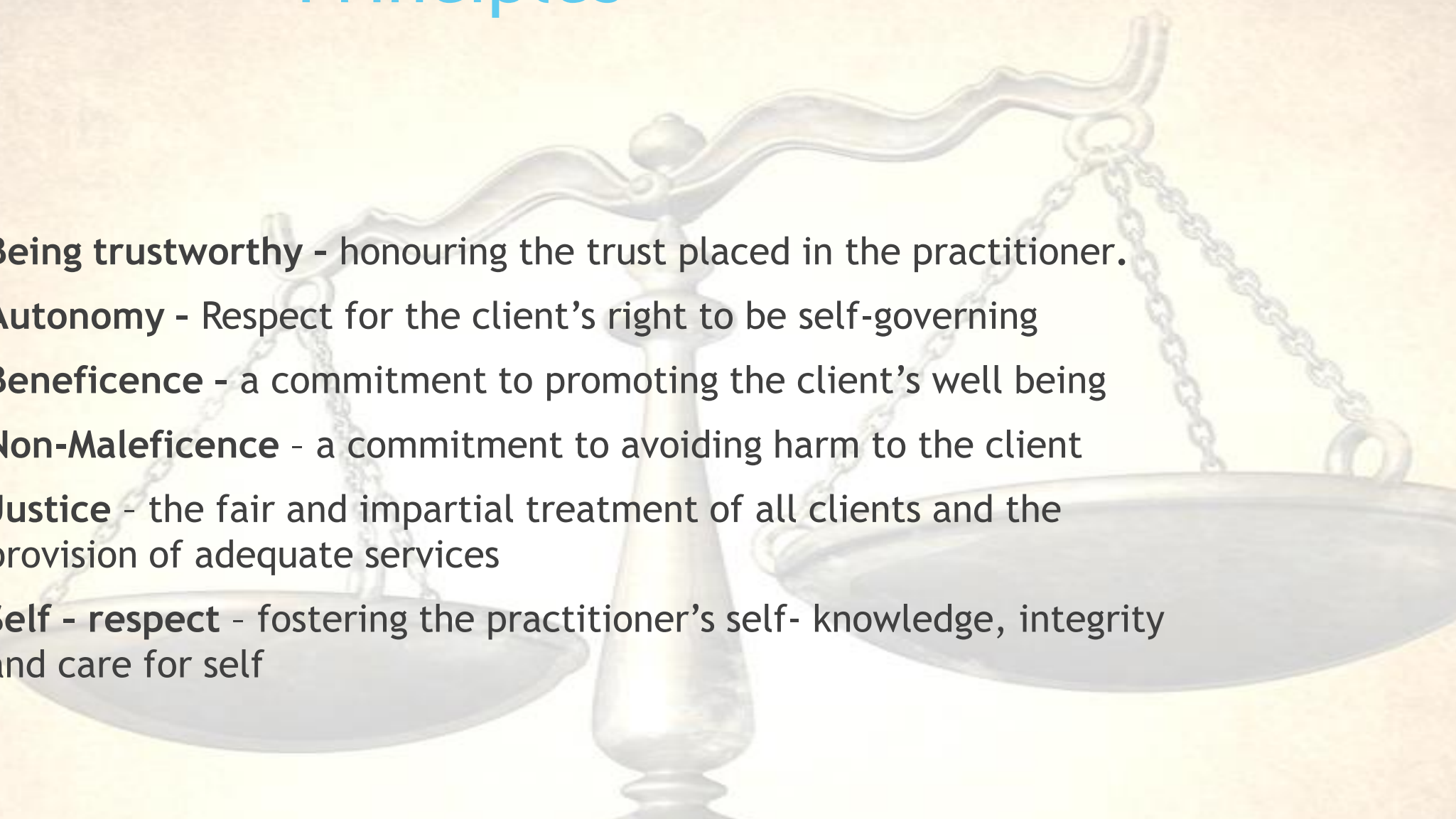
- **Confidentiality : Protect the confidentiality and privacy of clients by:**
 1. Actively protecting information about clients from unauthorised access or disclosure.
 2. Informing clients about how the use of personal data and information that they share with us will be used and who is within the circle of confidentiality, particularly with access to personally identifiable information.
 3. Informing clients about any reasonably foreseeable limitation or privacy or confidentiality in advance of our work together. I.e to protect the client or others from serious harm including safeguarding commitments and when legally required or authorised to disclose.

Values

- ▶ Respect human rights and dignity
- ▶ Alleviating symptoms of personal distress and suffering
- ▶ Enhancing people's well being and capabilities
- ▶ Improving the quality of relationships between people
- ▶ Increasing personal resilience and effectiveness
- ▶ Appreciating the variety of human experience and culture
- ▶ Protecting the safety of clients
- ▶ Ensuring the integrity of practitioner-client relationships
- ▶ Striving for the fair and adequate provision of services



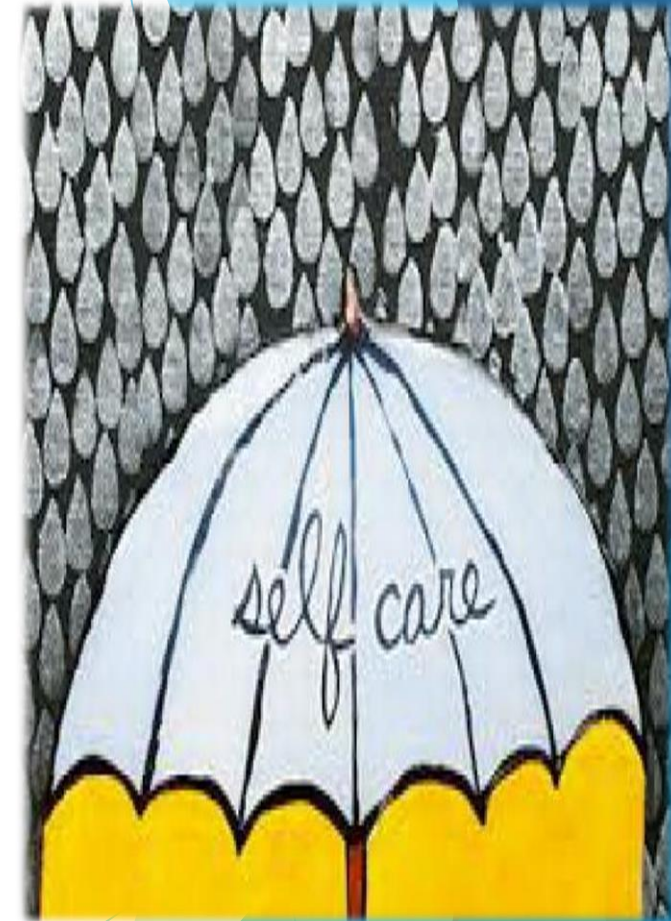
Principles



- ▶ **Being trustworthy** - honouring the trust placed in the practitioner.
- ▶ **Autonomy** - Respect for the client's right to be self-governing
- ▶ **Beneficence** - a commitment to promoting the client's well being
- ▶ **Non-Maleficence** - a commitment to avoiding harm to the client
- ▶ **Justice** - the fair and impartial treatment of all clients and the provision of adequate services
- ▶ **Self - respect** - fostering the practitioner's self- knowledge, integrity and care for self

Self Care as a practitioner

- ▶ **Take responsibility for our own wellbeing is essential to sustaining good practice with our clients by:**
- ▶ Taking precautions to protect our own physical safety
- ▶ Monitoring and maintaining our own psychological and physical health, particularly that we are resilient and resourceful to undertake our work in ways that satisfy professional standards
- ▶ Seeking professional support and services as the need arises
- ▶ Keeping a healthy balance between our work and other aspects of life.



BACP 2018

- ▶ <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/developing-the-new-ethical-framework-2018>

True self-care is not salt baths and chocolate cake, it is making the choice to not build a life you don't need to regularly escape from.

Self-care is not about self-indulgence, it's about self-preservation.

- Audrey Lorde

*Setting Boundaries
is
Self-Care*

Real self / Ideal self

Here and Now

Carl Rogers

Client is central

Clients are the best experts of self

Self Actualization

Choices

Self concept

Self- empowerment

Non Directive

Clients heal themselves
Holistic view

Person Centred Theory

Core conditions
Empathy
Congruence
UPR

Growth

Phenomenology
Clients subjective view

Free will

Moving forward

ID - infantile
chaos

Provides a framework for human
personality

Unconscious
Pre-conscious
Conscious

Freud

Ego - executive
part of
personality logic
Balances
between ID and
Superego

Psychodynamic

Super- ego
Moral punishment -
reward

**Past events and
childhood
experiences -**
influence behaviour in
Adults

**Defence
Mechanism**

Denial

Repression

Displacement

Projection

Aaron Beck

Negative Automatic Thoughts

Rules and Assumptions

Schemas

Distortion/irrational thinking:

Black and white thinking

Catastrophising

Personalisation

Overgeneralisation

Thoughts
Feelings
Behaviour

Cognitive Behavioural Therapy

Effective in anxiety
Depression, phobias
by re-training thoughts.

Skills are taught to use in daily strategies to cope better with stresses

Albert Ellis

Activating Event

Beliefs

Consequences

Attach meaning

Core beliefs

Socratic questions

Where is the evidence?
Where is the logic?
What would the worse thing that could happen?