



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

CURRENT DEBATES IN COUNSELLING

WEEK 2



Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

TODAY

- The Basics of Ethics – **Videos**
 - ❖ *Ethics Unwrapped – Behavioural Ethics – Videos*
- Historical perspectives & understanding of ethics
- Exploring Key Ethical Theories
- Ethical Frameworks & Ethical Codes

BACP EF p.8 2016

- The challenge of working ethically means that practitioners will inevitably encounter situations that require responses to unexpected issues, resolution of dilemmas, and solutions to problems. A good understanding of the ethics that underpin our work is a valuable resource which is helpful in making significant decisions. The use of an ethical problem-solving model and discussion about ethics are essential to good practice.

Bond 2015

- Unless counselling is provided on an ethical basis, it ceases to serve any useful purpose. Clients will usually seek counselling because they are troubled or vulnerable; they wish to be sure that the primary concern of the counselling is to help them to achieve a greater sense of control and well-being in their lives and that counselling is not being used for any other purpose. This means that counselling , by its very nature, needs to be an ethical relationship (p.11).

- However, how that ethical relationship is conceived, has been, and still is, a matter of significant debate!

Strategic aims

- Strengthen ethical base for ***all*** roles associated with counselling and psychotherapy - a ***unified*** ethic
- Create greater contextual flexibility and quality by strengthening practitioner responsibility and accountability
- Enhance ethical vision beyond mere compliance with rules - strengthen practitioner ***integrity***
- Strengthen ethical capacity for analysis and action in the profession
- Create a platform for providing additional context- specific guidelines

Values

- ‘Values. Counsellors respond in accordance with a set of values that promote the worth and potential of persons and relationships. These values are reflected in an ethically informed stance in relation to the duty of care towards the person seeking help’ (McLeod, 2007, p.32.)

Statement

- ‘... as ethics for Counselling becomes more sophisticated it is likely that other ethical models will become prominent’ (Bond, 2000, p.49).

Questions

McLeod

- So what are the ethically informed values?
- Where do they come from?
- Why do they change?
- Right action is always right?

Bond

- Bond's statement implies change
- That we are not dealing with hard facts and certainty

What do we mean by values

- Good/bad
- Right/wrong
- Just/in-just
- Deserving/undeserving
- Sane/insane
- Humane/in-humane

How hard are these questions?

- What's the right thing to do?
- How should I live?
- How should we live?
- 'Ethics is the most practical kind of philosophy' – EFD
- Applied Ethics – to professional practice
- An ancient tradition, the search for the above questions.
- Across cultures – different answers
- Across time – different answers

Barker

- ...by the mid-1960's, especially in the USA, questions concerning civil rights, sexual ethics and the morality of warfare became prominent themes in public debates: 'What becomes clear, and was felt to be something of a scandal was that professional moral philosophy appeared to have nothing to say about these important moral issue'

Beauchamp in Baker

- ‘Although moral philosophers have long discussed these problems, it is arguably the case that no major philosopher throughout the history of moral philosophy has developed a program or method of applied ethics ... it is not obvious that applied ethics is the offspring of, or even dependent upon, general moral philosophy.

Ethics—The Basics

What is it to live an ethical life – Good life

- Flourishing; developing excellence? (VE) Virtuous
- Increasing happiness for all? (UE) Utilitarian Ethics
- Doing one's duty? (DE) Ethics of Duty - Deontological
- Relational ethics (EfC) Ethics of Care

Panza, C., & Potthast, A., *Ethics for dummies - ebook*

- **‘Ethics isn’t just about the way the world is. Sure, you have to know a lot about how the world works to answer ethical questions, but ethics is about something a little more ambitious than science ...**

Consider these

- 1. should endangered species be protected from human hunting
 - 2. should healthcare be free
 - 3. should the death penalty be brought back
 - 4. should I tell my friend her partner's cheating on her
 - 5. should university education be free
-
- 'It's about the way the world *ought* to be or *should* be.

Maia & Shibbles

- A distinction is made between morals and ethics. Morals are not critical, but enculturated, more like learned habits or rules than thought out behavior. Ethics is a critical examination of morals and cultural practices.
- Are ethics no more than a reflection of cultural, social and professional 'prejudices'?

Ethics

- Applied ethics to particular situations
- Codes of Ethics
- Professional standards

Explore

- Ethical Framework BACP
- BPS Code of Ethics