

Contemporary Psychotherapies for a Diverse World

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Chapter 2: Ethics for a Diverse World

Chapter Test

1. List the five general principles of the American Psychological Association's (APA's) Code of Ethics.
 - 1) **Beneficence and Nonmaleficence**
 - 2) **Fidelity and Responsibility**
 - 3) **Integrity**
 - 4) **Justice**
 - 5) **Respect for People's Rights and Dignity**
2. What three things should counselors include in their documentation when they believe that a nonprofessional interaction with a client may be beneficial for the client?
 - 1) **Rationale for the interaction**
 - 2) **Potential benefits**
 - 3) **Anticipated consequences**
3. List the five moral principles as offered by Kitchener and provide a brief explanation of each.
 - 1) **Beneficence—the counselor strives to do what is best for the client.**
 - 2) **Nonmaleficence—the counselor takes care to do no harm to the client.**
 - 3) **Fidelity—addresses issues of faithfulness, loyalty, and promise-keeping.**
 - 4) **Justice—the counselor strives for fairness.**
 - 5) **Autonomy—the client has the right to freely choose the course of action.**
4. List four major categories of information typically included in an informed consent document.
 - 1) **Therapeutic purposes, goals, techniques, limitations, etc.**
 - 2) **Confidentiality and limits of confidentiality**
 - 3) **Financial arrangements, expectations**
 - 4) **Therapist qualifications and specific areas of expertise**
5. What does Chapter 2 author Melba Vasquez indicate in her biographical "Author's Journey" piece as the early experience that propelled her to adopt a feminist/multicultural ethics stance?

As a student of Color, she became painfully aware of the subtle, and not so subtle, injustices between White students and students of Color in the public school. These

injustices included being ignored, being spoken to more curtly and harshly, and being insulted with racial epithets.

6. What is the major criticism of the feminist philosophy, *ethic of care*?

There is a concern that those who take care to its extreme could create dependency and may disempower rather than empower by justifying an inequality in relationships, leading to idealizing relationships in which there is no mutual responsibility.

7. List the five beneficial components that result from mutuality.

- 1) Increased zest or well-being that comes with feeling connected to others.**
- 2) The motivation and ability to act in the relationship as well as beyond it.**
- 3) An increased knowledge about oneself and others.**
- 4) An increased sense of self-worth.**
- 5) A desire for more connection beyond this particular one.**

8. Explain how general ethical principles and ethical standards differ.

General principles, in contrast to ethical standards, do not represent obligations and should not form the basis for imposing sanctions.

9. What ethical guideline serves as the foundation for making decisions regarding self-disclosure?

It is our ethical responsibility to ensure that our interactions with clients are in the service of clients and not designed to meet our own needs.

10. What are the six strategies generally endorsed in most ethical decision-making models?

- 1) Problem identification from a theoretical perspective**
- 2) Consideration of options**
- 3) Consideration of the client's voice**
- 4) Consultation with colleagues who are experts**
- 5) Communication of a decision with the client**
- 6) Documentation of the process and results**