

GUILDFORD CENTRE FOR PSYCHOTHERAPY

CODE OF ETHICS

1. INTRODUCTION

1.1 The purpose of this Code of Ethics is to define general principles and to establish standards of professional conduct for Members of the Guildford Centre for Psychotherapy (GCP) in their work and to inform and protect those members of the public who seek their services.

1.2 All Members of the GCP are expected to approach their work with the aim of alleviating suffering and promoting the well-being of their clients. They should use their abilities and skills to their clients' best advantage without prejudice and with due recognition of the value and dignity of every human being.

Members should be aware that many minority groups experience prejudice and discrimination, and must aim to acknowledge, in their practice, the reality of difference and of discrimination and prejudice in society as a whole and within the profession. Members should work towards an understanding of the meaning of cultural diversity and towards an acknowledgement of the impact of different cultural experiences on themselves, their clients and their work.

1.3 All Members of the GCP are required to adhere to this Code of Ethics and Practice, as well as to that of their trading organisations.

1.4 Membership of the GCP is open to all UKCP and BCP registered psychotherapists, regardless of their race, religion, gender or sexual orientation.

2. CODE OF ETHICS

2.1 Qualifications: Members of the GCP are required to disclose their qualifications when requested and not claim or imply qualifications that they do not have.

2.2 Terms, Conditions and Methods of Practice: Members of the GCP are required to disclose on request their terms, conditions and, where appropriate, methods of practice at the outset of psychotherapy.

2.3 Confidentiality: Members of the GCP are required to preserve confidentiality and to disclose, if requested, the limits of confidentiality and circumstances under which it might be broken to specific third parties.

(NOTE: Psychotherapists may not refuse information to a Court of Law. The usual procedure, if the Court makes such a request, is for the practitioner to demur and to explain the confidential nature of the information demanded. If the court presses, then s/he must either acquiesce or stand in contempt of court. This may result in a fine or imprisonment. The psychotherapist's action must be dictated by conscience).

2.4 Professional Relationship: Members of the GCP should consider the client's best interest when making appropriate contact, with the client's knowledge, with the client's GP, relevant psychiatric services or other relevant professionals.

Members should attempt at the outset to ensure that the condition presented by the client is open to amelioration by the particular skills and treatment at their disposal. They must be particularly alert to possible contra-indications to psychotherapy.

- 2.5 Relationship with Clients: Members of the GCP are required to maintain appropriate boundaries with their clients and to take care not to exploit their clients, current or past, in any way, financially, sexually or emotionally.
- 2.6 Research: Members of the GCP are required to clarify with clients the nature, purpose and conditions of any research in which the clients are to be involved and to ensure that informed and verifiable consent is given before commencement.
- 2.7 Publication: Members of the GCP are required to safeguard the welfare and anonymity of clients when any form of publication of clinical material is being considered, and to obtain their consent whenever possible.
- 2.8 Practitioner Competence: Members of the GCP should be aware of their own limitations. They are required to maintain their ability to perform competently and to take the necessary steps to do so. Where necessary, the advice and aid of other specialists should be obtained in the treatment of a particular client. This includes arranging personal supervision when required. The overriding factor must be what is judged to be the best interest of the client. Members are also expected to follow the CPD requirements of their Member Organisation.
- 2.9 Indemnity Insurance: Members of the GCP are required to ensure that their professional work is adequately covered by appropriate indemnity insurance.
- 2.10 Detrimental Behaviour:
 - (a) Members of the GCP are required to refrain from any behaviour that may be detrimental to the profession, to colleagues or to trainees.
 - (b) Clients already in treatment with colleagues should not be treated without prior consultation with the colleague concerned.
 - (c) Members of the GCP are required to take appropriate action in consultation with the current Chair, with regard to the behaviour of a colleague which may be detrimental to the profession, to colleagues or to trainees.

March 2014