Description Read the two scenarios below. Decide which ethical standards, from both ACA and PACFA, are most relevant when deciding if the counsellors are acting ethically or not, and explain why they are relevant. Scenario One Matthew works as a counsellor in a large organisation. He has been seeing a member of staff due to work-related stress for some time. He receives an anonymous letter about his client, which states that it is important he knows the client has “mental health problems”. It then goes on to detail things that client has allegedly said or done in the workplace. The client does not know this letter has been sent and Matthew does not wish to cause the client further distress by declaring it, given that it is anonymous. Scenario Two Suzanne has worked in a primary care counselling agency for four years and has become good friends with a colleague there, Michelle. Michelle is a highly respected and liked member of the team. Suzanne discovered recently that Michelle has been drinking heavily, and for some time. While she appears to be sober at work, Suzanne is fearful for Michelle’s clients and her capacity to work professionally. Michelle became distressed when asked about this, and begged Suzanne not to say anything to her manager – she would “lose her job and become unemployable”. Suzanne feels torn between trying to support her friend to turn things around personally, and the wellbeing of her clients, which increasingly seems to be compromised. The essay has been done just just rewrite fixing up any errors etc.

PACFA promotes ethical practice in counselling and psychotherapy, including clinical practice, supervision, education, training, professional development and research. The Code sets out PACFA’s ethical framework for counsellors, psychotherapists, supervisors, researchers, educators, trainers and students, who make up the PACFA community. It unifies and replaces all earlier PACFA Codes of Ethics. Clients are at the centre of PACFA’s approach to ethics, as detailed in our Commitment to Clients. Ethics is apparent in the way that people conduct themselves within relationship. The quality of the therapist/client relationship directly impacts the value of clinical work. It is in the considered presence within, and in the attention given to all aspects of the client relationship, as well as relationships with colleagues, students, the profession and the broader community, that ethics is put into practice. The PACFA Code of Ethics provides a foundation of values, principles and personal attributes on which ethical practice is built, and which are articulated in the Code as attitudes and behaviours, and as specific ethical standards. Ethical practice begins with awareness and understanding of social, cultural and psychological influences and requires relational intelligence, sensitivity and respect. While the Code cannot guide the more nuanced, qualitative aspects of relationships, it can provide a foundation for the cultivation of shared values and principles, and standards of practice. In the face of uncertainty and complexity, ethics helps us make more sound and wise decisions, supported by self-reflection and dialogue. Objectives This Code has been designed to: • Establish the ethical framework for the practice of counselling and psychotherapy; • Identify the principles, attitudes and behaviours required for ethical practice; • Provide clients and the wider community with clear and accessible information on the expected ethical standards in counselling and psychotherapy; • Establish standards of practice that will support safe, high quality services for clients; and • Develop the capacity of those who work to the Code to reflect on the ethical dimension of their practice and to make responsible ethical decisions in complex circumstances.