process. Follow up to determine the outcomes and see if any further action is needed. To obtain the most accurate picture, involve your client in this process.

The procedural steps we have listed here should not be thought of as a simplified and linear way to reach a resolution on ethical matters. However, we have found that these steps stimulate self-reflection and encourage discussion with clients and colleagues. Using this process, we are confident that you will find your own best solution.

Self-Assessment: An Inventory of Your Attitudes and Beliefs About Professional and Ethical Issues

This inventory surveys your thoughts on various professional and ethical issues in the helping professions. The inventory is designed to introduce you to issues and topics presented in this book and to stimulate your thoughts and interest. You may want to complete the inventory in more than one sitting, giving each question your full concentration.

This is not a traditional multiple-choice test in which you must select the “one right answer.” Rather, it is a survey of your basic beliefs, attitudes, and values on specific topics related to the practice of therapy. For each question, write in the letter of the response that most clearly reflects your viewpoint at this time. In many cases the answers are not mutually exclusive, and you may choose more than one response if you wish. In addition, a blank line is included for each item so you can provide a response more suited to your thinking or qualify a chosen response.

Notice that there are two spaces before each item. Use the space on the left for your answer at the beginning of the course. At the end of the course, take this inventory again, placing your answer in the space on the right. Cover your initial answers so you won’t be influenced by how you originally responded. Then you can see how your attitudes have changed as a result of your experience in this course.

You may want to bring the completed inventory to your beginning class session to compare your views with those of others in the class. Such a comparison might stimulate some debate and help get the class involved in the topics to be discussed. In choosing the issues you want to discuss in class, circle the numbers of those items that you felt most strongly about as you were responding. You may find it instructive to ask others how they responded to these items in particular.

1. If I were working with a client who could no longer continue because of his or her inability to pay my fees, I would most likely
   a. be willing to see this person at no fee until his or her financial position changed.
   b. give my client the name of a local community clinic that provides low-cost treatment.
c. suggest some form of bartering of goods or services for therapy services.

2. For those who wish to become therapists, I believe personal psychotherapy
   a. should be required for licensure.
   b. is not an important factor in developing the capacity to work with others.
   c. should be encouraged but not required.
   d. is needed only when the therapist has some form of psychological impairment.

3. To be an effective helper, I believe a therapist
   a. must like the client personally.
   b. must be free of any personal conflicts in the area in which the client is working.
   c. needs to have experienced the same problem as the client.
   d. needs to have experienced feelings similar to those being experienced by the client.

4. If I were faced with an ethical dilemma, the first step I would take would be to
   a. review the relevant ethical codes.
   b. consult with an attorney.
   c. identify the problem or dilemma.
   d. quickly decide on what appears to be the best course of action.

5. For me, being an ethical practitioner mainly entails
   a. acting in compliance with minimal ethical standards.
   b. reflecting on the effects that my interventions are likely to have on the welfare of my clients.
   c. avoiding obvious violations of my profession's ethical codes.
   d. thinking about the legal implications of everything I do.

6. If I were an intern and was convinced that my supervisor was encouraging trainees to participate in unethical behavior in an agency setting, I would
   a. first discuss the matter with the supervisor.
   b. report the supervisor to the director of the agency.
   c. ignore the situation for fear of negative consequences.
   d. report the situation to the ethics committee of the state professional association.

7. Practitioners who work with culturally diverse groups without having cross-cultural knowledge and skills
a. are violating the civil rights of their clients.
b. are probably guilty of unethical behavior.
c. should realize the need for specialized training.
d. can be said to be practicing ethically.

e. 

8. If I had strong feelings, positive or negative, toward a client, I think I would most likely
a. discuss my feelings with my client.
b. keep my feelings to myself and hope they would eventually disappear.
c. discuss my feelings with a supervisor or colleague.
d. accept my feelings as natural unless they began to interfere with the counseling relationship.

e. 

9. I won’t feel ready to counsel others until
a. my own life is free of problems.
b. I have experienced counseling as a client.
c. I feel very confident and know that I will be effective.
d. I have become a self-aware person and developed the ability to continually reexamine my own life and relationships.

e. 

10. If a client evidenced strong feelings of attraction or dislike for me, I think I would
a. help the client work through these feelings and understand them.
b. enjoy these feelings if they were positive.
c. refer my client to another counselor.
d. direct the sessions into less emotional areas.

e. 

11. Practitioners who counsel clients whose sex, race, age, social class, or sexual orientation is different from their own
a. will most likely not understand these clients fully.
b. need to understand the differences between their clients and themselves.
c. can practice unethically if they do not consider cross-cultural factors.
d. are probably not going to be effective with such clients because of these differences.

e. 

12. If I were faced with a counseling situation where it appeared that there was a conflict between an ethical and legal course to follow, I would
a. immediately consult with an attorney.
b. always choose the legal path first and foremost.
c. strive to do what I believed to be ethical, even if it meant challenging a law.
13. In terms of appreciating and understanding the value systems of clients who are culturally different from me,
   a. I see it as my responsibility to learn about their values and not impose mine on them.
   b. I would encourage them to accept the values of the dominant culture for survival purposes.
   c. I would attempt to modify my counseling procedures to fit their cultural values.
   d. I think it is imperative that I learn about the specific cultural values my clients hold.
   e. 

14. If a client came to me with a problem and I could see that I would not be objective because of my values, I would
   a. accept the client because of the challenge to become more tolerant of diversity.
   b. tell the client at the outset about my fears concerning our conflicting values.
   c. refer the client to someone else.
   d. attempt to influence the client to adopt my way of thinking.
   e. 

15. With respect to a client’s right to make his or her own end-of-life decisions, I would
   a. always use the principle of a client’s self-determination as the key in any dilemma of this sort.
   b. tell my client what I thought was the right course to follow.
   c. suggest that my client see a clergy person or a physician.
   d. encourage my client to find meaning in life, regardless of his or her psychological and physical condition.
   e. 

16. I would tend to refer a client to another therapist
   a. if I had a strong dislike for the client.
   b. if I did not have much experience working with the kind of problem the client presented.
   c. if I saw my own needs and problems getting in the way of helping the client.
   d. if the client seemed to distrust me.
   e. 

17. My ethical position regarding the role of values in therapy is that, as a therapist, I should
   a. never impose my values on a client.
   b. expose my values, without imposing them on the client.
   c. teach my clients what I consider to be proper values.
   d. keep my values out of the counseling relationship.
   e. 
18. If I were to counsel lesbian and gay clients, a major concern of mine would be
   a. maintaining objectivity.
   b. not knowing and understanding enough about this lifestyle.
   c. establishing a positive therapeutic relationship.
   d. pushing my own values.
   e. 

19. Of the following, I consider the most unethical form of therapist behavior to be
   a. promoting dependence in the client.
   b. becoming sexually involved with a client.
   c. breaking confidentiality without a good reason to do so.
   d. accepting a client who has a problem that goes beyond my competence.
   e. 

20. Regarding the issue of counseling friends, I think that
   a. it is seldom wise to accept a friend as a client.
   b. it should be done rarely, and only if it is clear that the friendship will not interfere with the therapeutic relationship.
   c. friendship and therapy should not be mixed.
   d. it should be done only if it seems appropriate to both the client and the counselor.
   e. 

21. Regarding confidentiality, I believe it is ethical to
   a. break confidence when there is reason to believe clients may do serious harm to themselves.
   b. break confidence when there is reason to believe that a client will do harm to someone else.
   c. break confidence when the parents of a client ask for certain information.
   d. inform the authorities when a client is breaking the law.
   e. 

22. A therapist should terminate therapy with a client when
   a. the client decides to do so and not before.
   b. the therapist judges that it is time to terminate.
   c. it is clear that the client is not benefiting from the therapy.
   d. the client reaches an impasse.
   e. 

23. A sexual relationship between a former client and a therapist is
   a. ethical if the client initiates it.
   b. ethical only 2 years after termination of therapy.
   c. ethical only when client and therapist discuss the issue and agree to the relationship.
   d. never ethical, regardless of the time that has elapsed.
   e. 
24. Concerning the issue of physically touching a client, I think that touching
   a. is unwise, because it could be misinterpreted by the client.
   b. should be done only when the therapist genuinely thinks it
      would be appropriate.
   c. is an important part of the therapeutic process.
   d. is ethical when the client requests it.
   e. ____________________________

25. A clinical supervisor has initiated sexual relationships with former
    trainees (students). He maintains that because he no longer has any
    professional responsibility to them this practice is acceptable. In my
    view, this behavior is
    a. clearly unethical, because he is using his position to initiate con-
       tacts with former students.
    b. not unethical, because the professional relationship has ended.
    c. not unethical but is unwise and inappropriate.
    d. somewhat unethical, because the supervisory relationship is
       similar to the therapeutic relationship.
    e. ____________________________

26. Regarding the role of spiritual and religious values, as a counselor I
    would be inclined to
    a. ignore such values for fear that I would impose my own beliefs
       on my clients.
    b. actively strive to get my clients to think about how spirituality
       or religion could enhance their lives.
    c. avoid bringing up the topic unless my client initiated such a
       discussion.
    d. conduct an assessment of my client’s spiritual and religious
       beliefs during the intake session.
    e. ____________________________

27. In the practice of couples and family therapy, I think the
    a. therapist’s primary responsibility is to the welfare of the family
       as a unit.
    b. therapist should focus primarily on the needs of individual
       members of the family.
    c. therapist should attend to the family’s needs and try to hold the
       amount of sacrifice by any one member to a minimum.
    d. therapist has an ethical obligation to state his or her bias and
       approach at the outset.
    e. ____________________________

28. The practice of limiting the number of therapy sessions a client is
    entitled to under a managed care plan is
    a. unethical as it can work against a client’s best interests.
    b. a reality that I expect I will have to accept.
    c. an example of exploitation of a client’s rights.
d. wrong because it takes away the professional's judgment in many cases.
e. ___________________________

29. If a client were to offer me a gift, I would
a. accept it cheerfully.
b. never accept it under any circumstances.
c. discuss the matter with my client.
d. attempt to figure out the motivations for my client's offer.
e. ___________________________

30. Regarding bartering with a client in exchange for therapy services, my position is that
a. it all depends on the circumstances of the individual case.
b. I would consider this practice if the client had no way to pay for my services.
c. the practice is unethical.
d. before agreeing to bartering I would always seek consultation.
e. ___________________________

31. Concerning the role of diagnosis in counseling, I believe
a. diagnosis is essential for planning a treatment program.
b. diagnosis is counterproductive for therapy, because it is based on an external view of the client.
c. diagnosis is dangerous in that it tends to label people, who then are limited by the label.
d. the usefulness of diagnosis depends on the theoretical orientation and the kind of counseling a therapist does.
e. ___________________________

32. Concerning the place of testing in counseling, I think that tests
a. generally interfere with the counseling process.
b. can be valuable tools if they are used as adjuncts to counseling.
c. are essential for people who are seriously disturbed.
d. can be either used or abused in counseling.
e. ___________________________

33. Regarding the issue of psychological risks associated with participation in group therapy, my position is that
a. clients should be informed at the outset of possible risks.
b. these risks should be minimized by careful screening.
c. this issue is exaggerated because there are no real risks.
d. careful supervision will offset some of these risks.
e. ___________________________

34. Regarding the practice of counseling via the Internet, I believe
a. the practice is fraught with ethical and legal problems.
b. this is a form of technology with real promise for many clients who would not seek out face-to-face counseling.
c. anything but dealing with simple problems would not be appropriate with this form of technology.
d. I would never provide Internet counseling without also having some personal contact with the client.

e. _______________

35. As an intern, if I thought my supervisor was inadequate, I would
   a. talk to my supervisor about it.
   b. continue to work without complaining.
   c. seek supervision elsewhere.
   d. feel let down by the agency I worked for.
   e. _______________

36. My view of supervision is that it is
   a. a place to get answers to difficult situations.
   b. an opportunity to work on my personal problems.
   c. valuable to have when I reach an impasse with a client.
   d. a way for me to learn about myself and to get insights into how I work with clients.
   e. _______________

37. In working with clients from different ethnic groups, it is most important to
   a. be aware of the sociopolitical forces that have affected these clients.
   b. understand how language can act as a barrier to effective cross-cultural counseling.
   c. refer these clients to some professional who shares their ethnic and cultural background.
   d. help these clients modify their views so that they will be accepted and not have to suffer rejection.
   e. _______________

38. To be effective in counseling clients from a different culture, a counselor must
   a. possess specific knowledge about the particular group he or she is counseling.
   b. be able to accurately “read” nonverbal messages.
   c. have had direct contact with this group.
   d. treat these clients no differently from clients from his or her own cultural background.
   e. _______________

39. Concerning the counselor’s responsibility to the community, I believe
   a. counselors should educate the community concerning the nature of psychological services.
   b. counselors should attempt to change patterns that need changing.
   c. community involvement falls outside the proper scope of counseling.
   d. counselors should become involved in helping clients use the
40. If I were working as a counselor in the community, the major role I would expect to play would be that of
a. a change agent.
b. an adviser.
c. an educator or a consultant.
d. an advocate.
e. 

Chapter Summary

This introductory chapter has focused on the foundations of creating an ethical sense and has explored various perspectives on teaching the process of making ethical decisions. Professional codes of ethics are indeed essential for ethical practice, but merely knowing these codes is not enough. The challenge comes with learning how to think critically and knowing ways to apply general ethical principles to particular situations. We encourage you to become active in your education and training (see box titled Internet Resources for information on joining a professional association). We also suggest that you try to keep an open mind about the issues you encounter during this time and throughout your professional career. An important part of this openness is a willingness to focus on yourself as a person and as a professional as well as on the questions that are more obviously related to your clients.

Suggested Activities

Note to the student. At the end of each chapter we have deliberately provided a range of activities for instructors and students to choose from. Our purpose is to invite you to personalize the material and develop your own positions on the issues we raise. We suggest that you choose those activities that you find the most challenging and meaningful.

1. As a practitioner, how will you determine what is ethical and what is unethical? How will you develop your guidelines for ethical practice? Make a list of behaviors that you judge to be unethical. After you have thought through this issue by yourself, you may want to explore your approach with fellow students.

2. Take the self-assessment survey of your attitudes and beliefs about ethics in this chapter. Now circle the five items that you had the strongest reactions to or that you had the hardest time answering. Bring these items to class for discussion.

3. Look over the professional codes of ethics of one or more of the pro-