

# Ethics Summary



Title	Quick Look up	Rapid understanding
<b>Safety</b>	First do no harm	You are doing the work to ensure that you do not cause harm to a client or to anyone else and in such a way that you are not harmed either. Harm is meant in its widest context of well-being in terms of physical, emotional, spiritual or mental well-being.
<b>Honesty</b>	Are your thoughts and actions consistent with helping the client	You are doing what you do because you want to help the client. This may mean that it is better to refer the client on as your own skills are not developed enough to deal with the issues. Being honest about your limitations and what expectation you give to the client.
<b>Autonomous</b>	The focus should be on the client	The client has come to see you because they have some issues. Your contract with the client should establish and maintain boundaries. Your focus needs to be on the client the whole time without any other distractions. You need to be competent in the field you are working in and also keep up to date with regular and relevant training. Appropriate client supervision sessions will help keep this focus.
<b>Privacy</b>	The client has a right to confidentiality.	Most people will have heard about GDPR. It's essentially about personal data. We discuss it in more detail on another course. Everyone expects that you will treat their sessions in the strictest of confidences and what is discussed between you will remain private. There are caveats to this which should be outlined in the contract stage. Social media can present additional challenges in terms of what information can easily be accessed.
<b>Ethical</b>	More than just doing the right thing.	A set of standards that is applied by humans in terms of values, obligations, benefits to society which are to the common good but also refrain from causing harm.