

Lab 3: Ethical Awareness

Goal: For helpers to become knowledgeable about how to resolve ethical issues that might emerge during their helping sessions.

Instructions: Gather into four small groups. Identify the ethical issues in each situation and then apply each step of the A-B-C-D-E strategy for resolving ethical dilemmas to the case. Afterward, get together as a large group and present your conclusions.

Case 1:

A beginning helper (Jack) wants to practice his helping skills and notices someone in his residence hall (Sam) who seems to have a lot of problems and few friends. What issues should Jack consider if he wants to act in accordance with the ethical guidelines described in this chapter?

Case 2:

A beginning helper is interested in working with clients who have eating disorders because she went through counseling for the issue. Recently, she has been under a lot of stress and her eating has become erratic and uncontrollable. She is assigned a client who has an eating disorder. What should be the helper's response if she were acting in accordance with the ethical guidelines described in this chapter?

Case 3:

A beginning helper has been working with a client for three sessions. The client is a single, attractive male who has many qualities that the helper (also a single male) admires in a romantic partner. During the third and final session, the client indicates an interest in talking more over drinks. The helper is attracted to the client yet uncertain about what to do, given that the helping relationship is ending and that it may or may not have risen to the level of “real” counseling. What should be the helper’s response if he were acting in accordance with the ethical guidelines described in this chapter?

Personal Reflections

- What issues arose for you personally in trying to apply the A-B-C-D-E strategy to these cases?
- What would you do to prevent yourself from making ethical “mistakes” if you were a practicing therapist?
- How do the ethical principles and standards mesh with your personal morality?