

Principles & Beliefs for Ethical Discussions

Ethical dilemmas exist because often there are not clear answers (hence *dilemma*). Decision making is a process. Different clinicians will have different perspectives, we all benefit from conversations that consider complexities from a variety of lenses. To come to these difficult conversations with courage, non-judgment, open minds. Transparency creates safety and decreases shame.

Any and all decisions or discussions are founded in the belief that *each clinician knows their clients best and operates from sound clinical practices based on case conceptualization and the unique treatment needs of each client system.*

As in all practices, we operate within the bounds of informed consent; we update treatment plans as needed, as new information becomes available; and we get consultation when uncertain.

A careful discernment process, not made in isolation, is best practice.

8 Point Model for Decision Making:

- Identify problem
- Identify issues involved
- Review ethical guidelines
- Obtain consultation
- Consider possible & probable courses of action
- Enumerate the consequences for each action
- Decide on your course of action
- Document thinking process/ action/ outcome

Self-care: Deep self-care is the foundation for all good practice. Attending your wellbeing (mind, body, spirit) is not a luxury, it is essential for our work in order that we do no harm, and can sustain what is required to be present to others, to self, and to process.