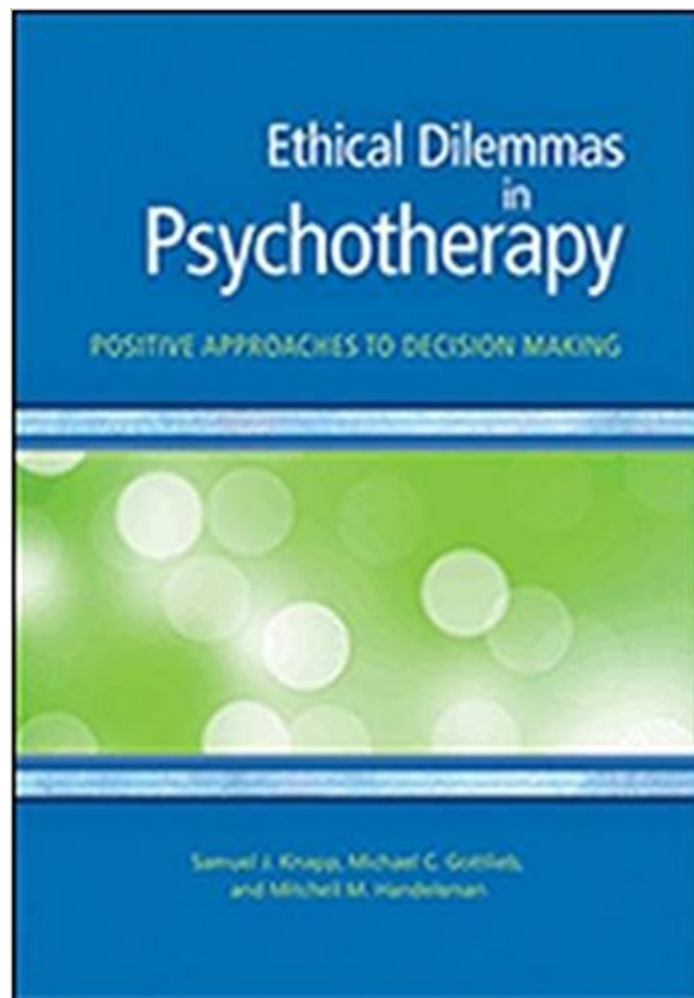




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# Ethical Dilemmas In Psychotherapy: Positive Approaches To Decision Making



## Synopsis

New and experienced psychotherapists alike can find themselves overwhelmed by an ethical quandary where there doesn't seem to be an easy solution. This book presents positive ethics as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the psychotherapist and the client. The authors outline a clear decision-making process that is based on three practical strategies: the ethics acculturation model to help therapists incorporate personal ethics into their professional roles; the quality enhancement model for dealing with high-risk patients who are potentially harmful; and ethical choice-making strategies to make the most ethical decision in a situation where two ethical principles conflict. Throughout the decision-making process, psychotherapists are encouraged to follow four basic guidelines: focus on overarching ethical principles; consider intuitive, emotional, and other nonrational factors; accept that some problems have elusive solutions; solicit input from colleagues and consultation groups. Numerous vignettes illustrate how to apply positive ethics to many different ethical challenges that psychotherapists will likely encounter in practice.

## Book Information

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"This volume is a worthwhile addition to the bookshelves of psychologists wanting to expand their understanding of ethical dilemmas in psychotherapy." --PsychCRITIQUES®

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quandary where there doesn't seem to be an easy solution. This book presents positive ethics as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the psychotherapist and the client. The authors outline a clear decision-making process that is based on three practical strategies: the ethics acculturation model to help therapists incorporate personal ethics into their professional roles, the quality enhancement model for dealing with high-risk patients who are potentially harmful, and ethical choice-making strategies to make the most ethical decision in a situation where two ethical principles conflict. Throughout the decision-making process, psychotherapists are encouraged to follow four basic guidelines: Focus on overarching ethical principles Consider intuitive, emotional, and other nonrational factors Accept that some problems have elusive solutions Solicit input from colleagues and consultation groups Numerous vignettes illustrate how to apply positive ethics to many different ethical challenges that psychotherapists will likely encounter in practice.

This was a great book for an ethics class. It does a nice job breaking down different ethical dilemmas, and I appreciated the scenarios in the book. I also appreciated how the book spoke about the grey areas in ethics with psychotherapy and that there are always aspects to a case that might not neatly fit in with ethical codes.

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