Ethics and Professional Principals Requirements in Consultation and Psychology

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ABSTRACT

Because of benefit from ideas and professional perspectives, consultation is the choice for the most favorable ways and the most plentiful methods and from the most important goals of entity excellence, avoidance from vulnerability and maintenance of mental health and reinforcement of self-esteem. In the process of effective communication with clientele, psychologists and consultants cope with integration of personalities, beliefs, values, and aspirations and sometimes secrets. Hence, all their occupational honor, human authenticity, ethical bonding and occupational commitment depend on honesty and integrity, self-control, confidence and patrolling occupational oath and keep faith with ethical charter of the Islamic republic of Iran’s consultants and psychologists and this is the right of clientele for positive attitude and trust and belief to expertize and occupational experiences and ethical and value commitments of psychologists and consultants that this fact would be possible their practical bonds and faith to the values and ethical charter and adhere to ethical standards and criteria in their career. But unfortunately in the society, we observe the ethics violation by some psychologists and consultants or their negligence to traditional and religious context of Iranian society and its values. This approach could have several individual and social consequences. It should be noted that compliance with professional ethical standards and effort to achieve a higher level of ethics, are the main tasks of psychologists and consultants, and disregarding them would cause harm and damages to the clientele and other members of the society.

INTRODUCTION

Human history confirms that ethics is one of the phenomena that has always been with human and that it is important that "ethics" is not only has deep relation with the sensual habits, purity and edification, his individual actions and behavior, but also with all social relationships and plays a major role in his individual and social life and destiny [6].

Sociologists have viewed ethics as blood that continuously and hidden flow in society and social institutions. From this perspective, there is no institution and occupation that is able to exist without ethics that determines the boundaries of normal behavior.

Morality of every society guides a social person to his final life, perfection, virtue and felicity. Morality has origin in religion and also affected by culture, tradition, history and other social phenomena [1].

Professional ethics as a standard and criteria for some occupations such as medicine has background [2]. Medical ethics rules all over the world with different religions have more or less solidarity and this is because religions have common and same fundamental values. In addition, human nature has confirmed religious ethics that wise man accept that. Islamic medical ethics has close relation with broad ethical teachings of the Quran and the tradition of the Prophet of Islam and as a result with Islamic laws [5].

But in the context of help services, despite the low background and little research, psychologists and consultants are faced with more sensitive ethical issues and ethical principles is one of the very important concerns in Psychotherapy and consultation. According to the previous studies, psychotherapists and consultants are facing with issues daily or several times that related to ethics and professional principles [2].

Therefore, all of them should know the ethical criteria and immoral cases in their occupation. Contravention from the criteria may harm their performance. In this occupation such as most of the jobs, ethical and juridical issues interconnect and therapist should beside respect to the criteria of his job, adhere to social and common laws and moral and religious values.

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It is very important and key to discuss about the ethical and professional requirements in consultation and psychology in this paper and its goal is to motivate the sensitivity of consultants and therapists association and think more about in this context till establish a strong base for ethical decision – making to observe less improper recommendations and performances in this context. In as much as consultants and therapists need a basic decision-making in encountering with various situations. In such case, introduction and utilization of ethics has more importance and considering the criteria is one of their tasks [1].

The philosophy of moral necessity in consultation and psychology
It is obvious that our perceptions and ethical theories are grown and expanded as a part of our socialization and upbringing process.

Edwards believed that it could be differentiate between personal morality, group morality and morality in philosophy.

The individual dimension of ethics is beliefs that rooted in various sources such as parents, teachers, religious beliefs and the media which influences our opinions about ethical issues and causes early judgments about them.

But the group's morality means normal modes of behavior, which is expected from members of professional groups such as doctors or psychologists to comply with them. These occupations require a detailed discussion about ethical issues and also we would not free from ethical philosophy that emphasizes on concepts such as good, bad, right, wrong, need, requirements, tasks, and such these words [1].

In ethical judgments in specialized environments, two basic principles always should be considered included: profit-oriented and task-oriented.

The first principle, being ethical of work, related to doing the work, is under the responsibility of individuals.

The second principle is that being ethical of work depends on consequence of benefits and at work.

Other ethical principles that are related to the treatment in specialized areas including:
A- Self-following, internal independence and respect to individual choices and criteria. This principle is derived from the rights of the individual in society and according to that, individual decisions must be made deliberate and without the influence of external factors.
B- No damage to the clientele. Experts do not cause assassination, pain, disability, or reduced life expectancy.
C- Charity or doing ethical duty that cause increase in good and profitable cases to clientele, patients and their families. This could be the perfect example of the phrase “work with high faith” that is known as a good motivator in professional activities.
D- Respect fairness and justice is a kind of honor to value system of clienteles. Specialists have to pay attention to the ideas and desires of each clientele according to at least as medicinal facilities.

Special services must be provided in situations that would maintain and increase clientele and patients’ satisfaction and it is the most important part of job duties of professionals that raising the health and mental comfort of the patients (Ibid, 54-55)

The ethical statute of consultation and psychology:
Indeed ethical statute provides occupational values of a profession and is performance standard for members and is formulated for an effective consultation [3]. Medical profession is always committed to a set of ethical statements that developed primarily for the patients, and a therapist is committed not only to patients but also to society and himself.

Toward this end, ethical standards have been considered as foundation of honest behavior and Affidavits that they have a long history, reflects this attention [5]. Ethical standards in consultation have been titled a wide range of issues and behaviors and prevent unethical behaviors [3].

History of the formation of ethics and ethical committees in consultation in the West dates back to 1961 and this charter was revised five times [4].

In Iran, on the one hand, necessity of adhere religious and cultural dos and don'ts and on the other hand, public position of consultation, persuades consultation and psychology experts to formulate the ethical statute of Islamic Republic of Iran’s Psychology and consultation Association [3].

That according to that, consultants and psychotherapists should adhere to the available criteria in their job. They are pattern for their clienteles and it is expected adherence of professional and ethical standards more from them. In addition to the physical, emotional and financial losses, which are compelled to clienteles, it has legal responsibility too [1].

Professional ethics statute of Psychology and Consultant Organization of Islamic Republic of Iran is provided and formulated with respect to cultural, social and religious context of Iran and according to the variety of cultures and expansion of consultation and psychology and considering scientific and special accomplishments of consultants and psychologists in Iran and the world, in order to supply rights od clienteles
and consultation and psychology services’ users on the one hand and supply rights of consultants and psychologists and keep the status of experts on the other hand.

The aim of this statute is to determine standards and rules in order to do the consultants and psychologists’ activities right and optimum, determine and clarify the clienteles’ right or users of consultation and psychology services and experts. Professional ethics statute of Consultation and psychology organization of Islamic Republic of Iran contains two parts:

A- Basic principles involve the general principles and extensive ethical and human values that is expected psychologists and consultants always consult them in regulation and guidance of all their professional behaviors and for optimal adherence, they should do their best.

Actually these principles form infrastructure of the development of standards and professional ethics rules. Basic principles of professional ethics statute of consultation and Psychology Organization of the Islamic Republic of Iran consists of: the principle of respect for human dignity and freedom, the principle of fidelity and dutiful - the principle of utility and no damage – the principle of indiscrimination – the principle of consideration other’s welfare – the principle of considering value system of society – the principle of reverence human personality.

B-professional ethics standards and rules:

It consists of affirmative and negative rules that by concentration on particular situations, consultants and psychologists are required to do especial behaviors and/or prevent especial behaviors. These standards are presented in ten parts and each part consist items that are as follows:

1-Qualification:

Psychologists and consultants provide professional services, research and education in the fields that necessary qualification for doing them is met and only therapeutic and consultation methods are employed that they have learned and experienced. It is essential to take the responsibility for continuous efforts to develop and maintain their qualification and abilities.

2-Responsibility:

Therefore, it is necessary to work in the frame of current rules and regulations of the country and it is necessary to be familiar with rules in the field of their work.

Psychologists and consultants are obliged to do their best for respect the standards and their occupation laws and take the responsibility for their behavior and speech and ensure that their services are used correctly. Therefore, it is necessary to frame rules and regulations of the country, it is necessary to operate and the laws of the realm of things that are relevant to their work, are familiar.

3-professional relations:

Psychologists and consultants avoid from establishing any nonprofessional connection with the service recipients and staff who operate under them. They also avoid from any injustice and discrimination against the clienteles and recipients of services and for preventing hurt patients and other who work with them and or minimizing hurts in situations that are unpredictable or inevitable, they do necessary actions. In this context, they have not confirmed sexual harassment and if knowing the immoral activities of their colleagues, they prevent by giving advice or warnings to them and if necessary, they inform the coalition for dealing with violations of psychology and counseling organization, and avoid from any misuse of their professional relations.

4-secrecy:

It is necessary to consultants and psychologists to execute caution actions in order to protect confidential information gained in their professional activities and simply collect information in the required range for evaluation, recognition, treat and research and prevent any extra information and they act for record and report in a way that misuse is not possible.

This ethical principle can be violated in some case like: Danger to the clienteles or others, epidemic fatal diseases such as AIDS, or if is arbitrated by law or regulatory authorities. It should be noticed that the revelation of mentioned cases would be in the possible minimum. In addition it is necessary to clienteles to post the revelation of the information if it is possible.

5-evaluation, assessment and interpretation:

It is necessary for consultants and psychologists to use valid psychological tests and only use the tests that already have gained required qualifications for use and is used purposefully and according to need and in the framework of diagnosis, treatment, advice, consultation and research. Also they must take the necessary precautions in order to gain the results without any misuse or misunderstanding and in explaining the results of the tests, they should consider the assessment goals and different related factors that may have influence on
quizzer’s judgment or accuracy, explanation and/or results (including ability to do the test, characteristics of clienteles, the situation of implementation of test, language and cultural differences).

6-Psychological interventions:
In this context, consultants and psychologists get deliberate satisfaction of clientele or their caretaker before any psychological interventions and in the case about couples or member of a family as a witness of one of them do not testify against the other.

7-Education, Training and Supervision:
In the curriculum and training for consultants and psychologists, goals, expectations, educational content and the evaluation method of curriculum should be specified and supervised on implementation of trainings that take the responsibility of them and give the necessary feedbacks to the trainees and encourage their students and trainees to obey the ethics and provide curriculum, introduction and gain their experience about perspectives and different psychological and consultative techniques and encourage them to extend their practical and scientific experiences.

8-Research and Publication:
Consultants and psychologists should ensure planning and implementation of researches to their research projects would be coincide with professional ethical principles and before implementation of their research plan, they affirm that in professional ethics committee of university or related organization and accept that participate in any psychological research is voluntarily and if someone does not participate, there is not any negative consequences.

They should also ensure that all information related to the subjects and participants in the study are kept confidential and the report is prepared and presented in a way that identifying the participants would be impossible.

9-Advertisement and public services:
Consultants and psychologists while avoiding any false and fraudulent statements regarding education, experience, competencies, degrees, certificates, organizational or associative affiliation, services, scientific or clinical basis or success’s degree of services, books published and their research findings, in public education it is necessary to ensure efficiency, effectiveness, and accuracy of these methods and allocate part of their time to present free public professional services to needful people and groups and in crisis and urgent situations like natural phenomena and etc. try to provide professional psychological and consultation services voluntarily.

10-Disposition of issues and ethical conflicts:
If there is any conflict between professional ethical rules and organizational laws, consultants and psychologists follow professional ethical rules and in some cases that there is conflict between professional ethical rules and law, they should follow logical activities for solving conflict and respect professional ethical rules, if this conflict is insolvable, they are required to respect law.

Also if they aware that their colleague has neglected the professional ethical rules and acts contrary to the rules, at first they try to prevent violation and if it is not effective, they would inform the higher responsible and if the violation is repeated, they would inform the issue to the professional violations investigation commission of consultation and psychology organization [4].

Consultant and psychologist’s different context of ethical issues:
1-consultant and psychologist’s ethical issues related to them: they should try gaining some ethical issues and belief according with them before entering this occupation and also during their work in this context and consists of ethical issues that are infrastructure for entering this occupation and respect other ethical issues are related to them.

These ethical issues consist of: human bounty, positive emotional attention to all clienteles and their acceptance, logical evaluation of issues-piety, avoidance from greediness, not skimp, patience, appearance trimness, having professional qualification, do the knowledge, constant review of implementation, do his abilities [3].

2-ethical issues related to clienteles: the most ethical issues in the process of psychotherapy consists issues that are related to consultant and psychology with clienteles. Although they have close relation with their ethical issues but external manifestation of ethics in this occupation is in relation with clienteles.

reverence and respect clienteles –full attention to clienteles and understand him perfectly -Lack of depriving people of the freedom from clienteles -secrecy -not betray the clienteles and respect safekeeping -advice and benevolence -friendship and kindness -honesty -adherent of right- tolerate the clienteles and neglect their mistakes-respect modesty and keep ethical party with people - avoidance from dual illegal or harmful
relationships—considering prudence of clientele – refer the clientele in inability to provide the required services.
- No abuse of professional position of clientele - be a pattern for clientele.

The most important issues are:

3- Ethical issues related to other experts and colleagues: Beside serious tasks according to himself and clientele, consultant and psychology should attention to ethical values against other experts especially helper expert which is his especial tasks.

No competition with colleagues -no incorrect judge about other colleagues – warn to the colleagues who violated the law -gain the comment of colleagues in consultation -study and attention to vote of theoretician – positive cooperation with other experts and colleagues – supervision(Ibid, 34-35)

The most important of these principles are: avoidance from slander situations-
Personality characteristics of consultants and psychologists

In the context of self-examination, he should have a correct understanding about himself, values, beliefs, feelings and his needs that impact on his job and try to these features have ideal effects on his consultation. He should also be aware of his constraints.

For achievement and accomplishment of these accepted principles it is necessary for consultant and psychologist to believe in human entity value, his potential capabilities and abilities in growth process and change and/or adaptation with different life situations. In self-examination context, he should

Considering professional commitments, he should take the responsibility and commitment. With this belief he should act that his job is a tool for helping people in their growth and prosperity of their abilities and talents. He should have a healthy personality and professional qualifications.

The most important is acquaintance with world and having worldview. Consultant and psychologist should have a value base and strong trust and be devout and pietist. He should have awareness about human and powers that impact on him and helping others and creating situations for achievement has a special meaning and enrich his life.

Also other features must be emphasized for healer such as the physical and mental health, emotional stability and mental abilities and superior intelligence, confidence, adaptation with environment, warm and friendly, tolerant and patient and secrecy [7].

In clinical job, any deviation in consultant and psychologist’s personality may influence on his ability or deviate from others’ evaluations. Therefore avoids commission and commitment to any activity that his personal issues may cause contempt professional services or annoy clientele [2].

It is obvious that consultant and psychology should respect social values and rules and ethical expectations of a society that they are working in that and should know that violation of legal criteria and acceptable ethical rules may exposed his clientele to harmful conflicts. Ethical rules in consultation and psychology have wide range.

These rules generally determine minimum standards of their behavior and prevent prohibited behaviors. Between adherence of ethical rules and having practical commitment to the high level of ethical, there are many differences. Ethical commitments require ethical performance.

Psychotherapists who are committed to high ethical standards trying to do any type of professional services for their clientele that is useful for them. Although ethical rules are necessary but are not enough for moral responsibility because ethical rules are a general guide about professional behavior.

Although ethical criteria has changed over time, but certain ethical principles have overshadowed on all ethical rules in psychotherapy and consultation and pay attention to the infrastructural principles, is a better way in study and examining the ethical rules.

Principles such as profitability, respect for independence of clientele, equitable and honesty. There are several philosophy of entity about professional rules and ethical criteria. Professional consultants and Psychotherapists are trained by these rules and criteria.

It provides the responsibility against clientele and prevents them from unethical performance and most importantly creates the field of professional behavior. Performing the criteria is as a controller that controls the behavior of experts in a professional environment [2].

Conclusion:

By considering today’s life requirements, human’s need to consultation is inevitable. Today’s human beings are exposed to different situations for making decision every day. Each decision may influence on their life style and future. On the other hand, complexities of human relations, human relations with growing technology and civilization, changing type and degree of social support, make the necessity of that twice.

Consultation is a platform for preventing from issues such as anxiety, depression, educational problems, occupational problems and etc.

Psychology and consultation, as a helper profession is in supplying the basic need of society means equation and supplying sanity, honored, confidence and reliance and this sincere confidence may in some cases be contrivance of many harms for clientele and on the other hand, continuous impact of consultant and
psychologist with people’s conflicts and concerns, sometimes enforce stress to them that increases their professional error present.

Considering large group of people because of need to consultation and psychological services are looking for this services, the importance of expert’s ethics is twice and as whereas the most important duty of mental health experts is to increase clientele health level, are made for achieving to this goal and also support from experts. Morality has religious origin and also is affected by culture, history and other social phenomena and moral rules in consultation profession is a broad range of behaviors and matters and prevents from immoral behaviors.

These rules can be a tool for improvement and development in professional occupation and support from references and that profession which it is necessary to evaluate the moral standards in seminars, and conferences. Laws in the statutes, as a guideline and helpful for moral and professional challenges that may consultants and healers during their professional life, meet them permanently that in this case, they can refer to these moral statutes for guidance. Respect to these laws not only help to the clienteles, but also help psychologists and consultants in their recognition of their rights and tasks and prevents from generating future responsibilities for them.

REFERENCES

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