



Re-Vision

Counselling &
Psychotherapy
with a Soulful
Perspective

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Re-Vision Code of Practice

As a training organisation Re-Vision is accredited by both the British Association for Counselling and Psychotherapy (here after referred to as BACP) and the United Kingdom Council for Psychotherapy (hereafter referred to as the UKCP).

These Ethical Codes are intended to apply across all modalities and theoretical perspectives, and thus are quite broad in their presentation. This Code of Practice is intended to amplify and guide Re-Vision members in the application of the Ethical Codes to the context of the Re-Vision model, and the practice of counselling and psychotherapy from a soulful perspective.

This Code of Practice should be read in conjunction with the Ethical Framework for the Counselling Professions of BACP, and Code of Ethics of UKCP. It is intended to support and guide members in their practice, but is not to be considered a replacement for the Ethical Codes themselves.

Both Ethical Codes call for commitment to key ethical principles and the enactment of certain values in the practice of counselling, psychotherapy and the related work of training and supervision. In order to support members of Re-Vision in the reflective practice of reviewing the ethical value base of their practice the Re-Vision Code of Practice sets out examples of 'ethics in action' within a Transpersonal and Soulful approach. The examples below cover a range of illustrations, from the abstract and philosophical through to the practical and prosaic.

In some instances the examples given are relevant to more than one ethical principle, but have not been duplicated in the interests of brevity. The examples given are intended to be illustrative, but are not to be considered exhaustive in their scope.

Fidelity/Being Trustworthy:

Honouring the trust placed in the practitioner

In applying this principle to practice members of Re-Vision will seek to:

- Honour the uniqueness and individuality of each relationship.
- Recognise the central role that relationship plays in the wellbeing of individuals.
- Respect and uphold the differences between types of relationship.
- Hold the relationship within a transpersonal context, acknowledging its worth as an expression of soul.
- Refrain from any personal relationship with another that would conflict in some way with their responsibilities in a professional relationship.
- Be mindful of issues of confidentiality and anonymity in their work, and when speaking of others to do so in a respectful and purposeful way.
- Attain through appropriate training and experience sufficient qualification to practice, and disclose such qualifications to legitimately interested parties, not implying any qualification that they do not have.
- Ensure adequate insurance cover for their practice.

- Maintain all records and notes in a secure and confidential manner.
- Ensure compliance with any relevant legislation applying to practice.

Autonomy:

Respect the rights of others to be self-governing.

In accordance with this principle members of Re-Vision will seek to:

- Establish a sound basis for their working relationships by means of explicit contracting, especially in relation to matters such as fees charged, terms and conditions, respective rights and duties, assessment and review procedures.
- Recognise that whilst relationships may be mutual they are not necessarily equal, and that responsibility for ensuring that ethical principles are adhered to rests with the more 'senior' member.
- In publishing any clinical material, ensure that the confidentiality and anonymity of any individual is safeguarded, and wherever possible obtain consent.
- In engaging with any research that involves other individuals with whom the member has a professional relationship, ensure that participants are fully informed of the nature and purpose of the research, give informed consent, and are ensured confidentiality in the publication of any findings.

Beneficence:

A commitment to promoting the wellbeing of others with whom there is a professional relationship.

In practice this means that members of Re-Vision will seek to ensure they:

- Work within the relationship to encourage wholeness, healing and self-development.
- Be open to what lies beneath the explicit in the relationship, the shadow side as well as the light.
- Work within the limits of their own skills.
- Monitor their competence and fitness to practice, utilising appropriate supervision/consultancy when in doubt.
- Undertake supervision at an appropriate frequency to ensure that work is adequately supported and enhanced.

Non-Maleficence:

A commitment to avoiding harm to others.

This means that any member of Re-Vision undertakes to:

- Pay careful attention in matters of sexual expression in professional relationships, especially where there are differences in status or authority between the parties concerned. They also undertake not to engage in sexual relationships with clients, students or supervisees, and to seek professional support where they have difficulties in observing such boundaries.
- Be mindful of issues of difference, and the potential for harm that can be caused by racism, homophobia and all other forms of discrimination however subtle or covert.
- Take steps to ensure that their own emotional needs are not inappropriately dependent on relationships not designed for that purpose (e.g. counsellor upon client, trainer upon student).
- Recognise and use power within the relationship with care and integrity.

Justice/Human Rights:**The fair and impartial treatment of others, and the provision of adequate services.**

For members of Re-Vision this means:

- Working within the Re-Vision Equal Opportunities policy.
- Being open to the impact of difference upon relationships.
- Being aware of and willing to address our own assumptions and prejudices about difference.
- Being willing to work directly with questions of difference and discrimination.
- Ensuring that clients are aware of the professional body/bodies to whom we are ethically accountable and ensuring that information about the means to make a complaint is available if needed.

Self Respect:**Fostering self-knowledge and care for self.**

In practice this includes:

- Attending to the needs and journey of our own soul, as well as that of others with whom we work.
- Undertaking appropriate activities to enhance our personal and professional development.
- Obtaining help and support when needed, including regular supervision.
- Suspending some or all work commitments if this becomes necessary for the sake of our own physical or psychological health

Revised September 2016 NM.