

Courtney Weir Therapy

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Courtney Weir Therapy Code of Conduct

Preamble

The purpose of this code is to establish minimum standards of ethical practice for the Clinical Psychotherapists and Registered Play Therapist Supervisor, for the information and protection of those using their services. It is expected that professional associations to which these practitioners belong will establish their own codes which should cover the standards below. Regardless of the wide range of approaches preferred by individual practitioners across disciplines, there are common ethical issues.

These ethical guidelines are adapted from Psychotherapy and Counselling Federation of Australia and the Australian Play Therapists Association guidelines.

Ethical Principles

1. I respect the essential humanity, worth and dignity of all people, including children and young people and promote this value in my work.
2. I recognise and respect diversity among people and oppose discrimination and oppressive behaviour. I acknowledge the learnings, strengths, capacities, abilities and contributions that Aboriginal and Torres Strait Islander peoples make to wider society as an integral part of counsellors/psychotherapists/play therapist knowledge and practice. I commit to working alongside First Nation Peoples recognising and supporting their rights and aspirations for self-determination. This commitment includes actively valuing the knowledge and lived experiences of Aboriginal and Torres Strait Islander counsellors and play therapists as they share and strengthen their practice and to be guided by them. In particular I acknowledge and understand the impact of colonisation and the effects of ongoing oppression and the continual intergenerational trauma that First Nations People are subjected to. I commit to acting in partnership as an agent of change and healing with

education and training to develop appropriate skills and understandings. I acknowledge the diversity of experience of Aboriginal and Torres Strait Islander cultures throughout Australia and value local knowledge. I emphasise that all parts of the PACFA (Psychotherapists and Counsellors Federation of Australia) *Code of Ethics* are relevant to working with Aboriginal and Torres Strait Islander peoples.

3. I recognise that children and young people regardless of their abilities, race, sex, gender, sexual orientation, socioeconomic background or cultural background, are particularly vulnerable client groups and take extra care and precautions to ensure their safety, wellbeing and that they have a voice and agency in any interaction with this service.
4. I respect the privacy of my clients and preserve the confidentiality of information acquired in the course of my work.
5. I protect the rights of my clients including the right to informed consent.
6. I take steps to maintain and develop their competence throughout my professional life.
7. I abide by the laws of the society in which I practice.

Ethical Responsibilities

Responsibilities to the client

- I take all reasonable steps to avoid harm to my clients as a result of the counselling or therapy process.
- If faced with situations which extend the boundary of my competence, I seek supervision and consider referral to other professionals.
- In the event of harm resulting from counselling or therapy, I take responsibility for restitution. Professional indemnity should be considered in this context.
- I promote client autonomy and encourage clients to make responsible decisions on their own behalf.
- I consider the social context of my clients and their connections to others.
- I am responsible for setting and maintaining professional boundaries within the therapeutic relationship.

Ethical Responsibilities specific to Children and Young People

- Caring for children and young people brings additional responsibilities to my role. I am responsible for promoting and protecting the safety and wellbeing of children and young people regardless of their abilities, race, sex, gender, sexual orientation, socioeconomic background or cultural background by:
 - Adhering to the organisational child safe policy at all times and taking all reasonable steps to ensure the safety and protection of children and young people
 - Treating everyone, children, young people, parents and families including those of different race, culture, ethnicity, gender, gender identity, sexual orientation, age, social class, ability or attributes and religious beliefs with respect and honesty and ensure equity is upheld at all times
 - Being a positive role model to children and young people in all my conduct with them
 - Setting clear boundaries about appropriate behaviour between myself and the children and young people in my organisation
 - Listening and responding appropriately to the views and concerns of children and young people
 - Being alert to children and young people who are, or may be at risk of harm, and reporting this quickly to the Child Abuse Report Line (13 14 78)
 - Responding quickly, fairly and transparently to any serious complaints made by a child, young person or their parent/guardian
 - Encouraging children and young people to ‘have a say’ on issues that are important to them.

I must not:

- engage in rough physical games
- develop any ‘special’ relationships with children and young people that could be seen as favouritism such as the offering of gifts or special treatment
- do things of a personal nature that a child or young person can do for themselves, such as toileting or changing clothes
- discriminate against any child or young person regardless of their abilities, race, sex, gender, sexual orientation, socioeconomic background or cultural background.

Exploitation

- I must not exploit clients, past or present, in financial, sexual, emotional or any other way.
- I will not accept or offer payments for referrals, or engage in any financial transactions, apart from negotiating the ordinary fee charged for therapy and therapeutic support.
- Sexual relations between the client and myself can never be acceptable and constitutes unethical behaviour. This is not restricted to sexual intercourse and includes any form of physical contact, whether initiated by the client or myself, which has as its purpose some form of sexual gratification, or which may be reasonably construed as having that purpose.
- I should consider that the deeper the involvement with the emotional life of a client during therapy, the less likely is the possibility of a subsequent equal relationship following termination of therapy. I must seek professional clinical supervision should any attempt to build a relationship with any former client be considered.

Confidentiality

- I treat with confidence any personal information about clients, whether obtained directly or by inference. This applies to all verbal, written, recorded or computer stored material pertaining to the therapeutic context. All records, whether in written or any other form, need to be protected with the strictest of confidence.
- Clients must not be observed by anyone other than myself without having given specific informed consent. This applies both to direct observation and to any form of audio or visual transmission or recording.
- Exceptional circumstances may arise which give me good grounds for believing that the client will cause serious physical harm to others or themselves. In such circumstances, the breaking of confidentiality may be required, preferably with the client permission and/or after consultation with a clinical supervisor.

- Any breaking of confidentiality should be minimized both by restricting the information conveyed to that which is pertinent to the immediate situation and by limiting it to those persons who can provide the help required by the client.
- Agreements about confidentiality continue after the death of a client unless there are overriding legal considerations.

Contracts

- Therapeutic activities are to be undertaken only with professional intent and not casually and/or in extra professional relationships.
- Contracts involving the client should be realistic and clear.
- When a client is incapable of giving informed consent, clinicians obtain consent from a legally authorised person.
- When providing services to children or young people, I will abide by any relevant legislative requirements in relation to informed consent.
- When providing services to children or young people, I will assess their ability to give informed consent to enter into a therapeutic relationship. In order for a child or young person to give informed consent they will demonstrate their understanding of the risks, benefits and alternatives to clinical services.
- I will obtain lawful consent from the parent/guardian of a child or young person if they are deemed unable to give informed consent. A child or young person who is able to give informed consent will be considered entitled to access counselling/play therapy services without informing their parents or guardians. However, where appropriate, the issue of the child or young person informing their parent or guardian will be discussed.
- I will provide children or young people who are able to give informed consent with the same rights of confidentiality as adult service users, in compliance with the law, including the right to refuse counselling and play therapy services.

- Any publicity material and all written and oral information should reflect accurately the nature of the service I offer and the training, qualifications and relevant experience I have.
- I am responsible for communicating the terms on which therapy is being offered.
- I will disclose any conflict of interest which may arise in relation to a client and will seek supervision to resolve appropriate action which may include referral.

Responsibilities to Self as Clinician

- I have a responsibility to myself to maintain my own effectiveness, resilience and ability to help clients. I monitor my own personal functioning and seek help or refrain from therapy when my personal resources are sufficiently depleted to require this.
- I do not counsel when my functioning is significantly impaired by personal or emotional difficulties, illness, alcohol, drugs or any other cause.
- I have regular professional clinical supervision and use such supervision to develop counselling skills, monitor performance and provide accountability for practice.

Responsibilities to other Clinicians

- I do not conduct myself in my therapy-related activities in ways which undermine public confidence in either my role as a clinician or in the work of other clinicians.
- I am committed to the ethical code of my professional associations, PACFA and APTA, which will include procedures to withdraw membership for unethical practice.
- I will address suspected or confirmed professional misconduct, incompetence, unethical behaviour or negligence by a colleague through the appropriate organisational, professional or legal channels.

- I will not solicit the clients of other clinicians. They have an obligation not to impair the work of my colleagues. Nevertheless, I need to be aware of the right to seek a second opinion.

Responsibilities to the Wider Community

- I work within the law.
- I take all reasonable steps to be aware of current legislation affecting their work.
- I am committed to protect the public against incompetent and dishonourable practices and are prepared to challenge these practices.

Complaints Procedure (as per Psychotherapists and Counselling Federation of Australia guidelines)

- Each member association must have a procedure to be followed in the event of a complaint of unethical conduct against a member.
- Disciplinary procedures must include the possibility that a clinician can be debarred from membership. This would automatically lead to removal from any register for which approved organisational membership is a requirement.
- Each member association must have an appeal mechanism including the involvement of a person outside the counselling profession.
- Notification of the withdrawal of a member from an association following complaint must be given to all associations on whose register the person is listed.

Review

I will review this code of conduct bi-annually or when changes to professional and legal standards require this document to be updated.

I, Courtney Weir, Clinical Psychotherapist and Registered Play Therapist Supervisor agree to abide by this code of conduct:

Signed: Courtney Weir

Date: 21/10/2024

Review due: 21/10/2026