

# The Association of Independent Psychotherapists (Ltd.)

## Code of Ethics

The AIP Code of Ethics describes the ethical and professional conduct to which all members subscribe in all aspects of their professional work. The principles are considered to apply to situations not specifically described in this Code, and it should be noted that this Code covers supervisor/supervisee and teacher/trainee relationships to which more specific references are made in the Code of Practice. It is recognised that some members will also need to conform to the Codes of Ethics of other professional bodies.

1. A member will always strive to act in the best interests of the client.\*
2. A member will ensure that the client (or, where this is not possible, a responsible carer) is given information on the nature of the therapy being undertaken, so that an informed consent is given, both initially and as the process of therapy continues.
3. A member will maintain appropriate boundaries with clients and will ensure that the therapist/client relationship is not exploited, for instance – financially, sexually, emotionally or socially.
4. A member will respect the client's right to self-determination by not knowingly attempting to impose any particular set of values, moral standards or ideals upon the client, but will not knowingly condone or encourage any action which is detrimental or damaging to the client, to third parties or to society.
5. The existence of the therapist/client relationship is in itself confidential. Information received within it is confidential and is not passed on without prior consent, unless the safety of the client or others is threatened. Clients can be advised that under these specific circumstances, the member may break confidentiality.
6. If clinical material is to be used for the purposes of a paper it is the responsibility of the member to think through the issues in relation to the therapeutic work. This thinking through will include the decision as to whether the use of clinical material needs to be discussed with a client. It is the member's responsibility to preserve the anonymity of the client.

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\* "Client" includes "Patient" and "Analysand" in its meaning in this document.

In the case of research, members are required to clarify with clients the nature, purpose, and conditions of any research in which the clients are to be involved and to ensure that informed and verifiable consent is given before commencement.

7. Members of the Association are responsible for monitoring and maintaining their own professional competence and physical, mental and spiritual health.

8. (a) A member has a responsibility not to act in any way that is detrimental to the Association, the profession, colleagues, supervisees or trainees.

(b) A member who has evidence of conduct by any member that is in breach of these Code of Ethics and Practice shall invoke the Complaints Procedure if discussion, with the member concerned, fails to bring about a satisfactory resolution of the concerns.