Ethical Issues in Group Therapy

- Professional training standards
  - knowledge competencies
  - skill competencies
- Training for various types of groups
  - task and work groups
  - psychoeducational groups
  - group counseling
  - group psychotherapy
Training Program for Group Workers

- Recommendations
  - personal psychotherapy
  - self-exploration groups
  - participation in a training and supervisory group
Ethical Issues in Group Membership

- Informed consent
- Screening and selection
- Preparing group participants
- Involuntary participation
- Freedom to leave group
- Psychological risks
- Confidentiality in groups
  - exceptions to confidentiality
  - confidentiality with minors
Unethical Use of Group Techniques

- It is unethical for group leaders to use techniques:
  - that are unfamiliar
  - to serve a hidden agenda or enhance power
  - solely to create an intense atmosphere
  - to pressure members or deprive them of their dignity
Recommendations in Using Group Techniques

- Techniques should have therapeutic purpose
- Techniques should be grounded in a theoretical framework
- Client’s self-exploration should be fostered
- Leaders should modify techniques for culturally diverse clients
- Techniques shouldn’t be used haphazardly
- Techniques should be introduced in timely and sensitive manner
- Group members should be given freedom to participate or pass on experiment
- Group leaders should use techniques they are familiar with
- Leaders should be aware of potential impact of techniques
Four Facets of Comprehensive Community Counseling Programs

1. Direct community services
   - preventive education

2. Indirect community service
   - influencing policymakers

3. Direct client services
   - focuses on outreach activities

4. Indirect client services
   - client advocacy
Alternative Counselor Roles

- Change agent
- Consultant
- Adviser
- Advocate
Community Counseling Practitioner

Duties involve:

- Ability to support community needs
- Develop partnerships in creation and delivery of services
- Promote community organization and development of activities
- Outreach
- Develop strategies to empower the community
- Consultation with community agencies
- Evaluating human-services programs
- Advocate and assist with initiatives
- Develop and build community assets
Relationships Between Counselor and the Agency

Counselors who are dissatisfied with an agency or the system may decide to:

- subvert it any way they can
- conform to institutional policies out of fear
- make compromises between institutional demands and personal requirements
- leave the agency
Case Management

- **Philosophy**
  - The primary goal of case management is to enable clients to achieve economic and personal independence and self-sufficiency.

- **The role of case manager**
  - Identify which needs and desires could motivate the client to change.
  - Help clients identify options and resources that can facilitate change and identify barriers blocking change.
  - Provide information options and resources that make change seem achievable.
  - Actively involve clients in all phases of the process.