

## **Code of Ethics**

This code serves to establish and maintain standards of practice for Cognitive Behavioural Therapy practitioners as well as to inform and protect clients seeking psychotherapy services. This code provides a minimum framework to guide psychotherapists and can be revised or amended when necessary by the Council of ICBT.

1. The names of professionally trained Cognitive Behavioural Psychotherapists practitioners will be listed in the Institute's register.
2. Psychotherapists should work in ways that promote client autonomy and well being and maintain respect for and dignity of the client. CBT is a psycho-educational approach.
3. Contracting for psychotherapy should include clear boundaries and conditions for the psychotherapy relationship.
4. All information given to the client should accurately reflect the nature of CBT and the qualifications/training of the practitioner.
5. Clients should be informed if records of psychotherapy sessions are kept and the degree of access that clients and others have to them.

6. Psychotherapists should monitor/recognise their own limits of competence through such activities as consultative support, psychotherapy supervision and client feedback
7. Psychotherapists are advised to make a contract with themselves to maintain high professional standards and monitor their own effectiveness in the area of psychotherapy.
8. No psychotherapist should practice without regular consultative support and supervision.
9. Psychotherapists should work within the law and be aware of current legislation affecting the work of psychotherapists.
10. An explanation of the terms of client confidentiality should be clearly explained to the client in pre-psychotherapy information or initial contracting.
11. Client confidentiality is maintained and only breached without the client's consent in exceptional circumstances. This breach should be minimised by releasing only essential information pertinent to the immediate situation.
12. Psychotherapists using client information for case studies, publications, or other purposes, should either seek client's informed consent or effectively disguise the clients' identities to the extent that they cannot be recognised by clients themselves or others.

13. The Complaints Procedure should be clearly outlined to clients if they wish to make a complaint.