



CODE OF PROFESSIONAL ETHICS FOR PSYCHODRAMA

1. PROFESSIONAL ETHICS

1.0. The psychodramatist ought to act always in good faith, without coercions or falsifications. Psychodramatists are aware of the laws of the country of their professional practise and function within their framework.

1.1. It is professionally ethical for psychodramatists to be clear with the clients as far as their professional status and education is concerned.

1.2. Psychodramatists should possess adequate Security of Professional Responsibility for their professional practise at all levels. The main trainers should advise the trainees about its acquirement.

1.3. Psychodramatists practise their profession mainly to the benefit of the client/patient, and not in order to satisfy their personal needs.

1.4. Psychodramatists keep seeking for ways of developing both personally and professionally as well as of enriching their knowledge.

1.5. Psychodramatists should meet their professional practise standards through monitoring and revising their work on their own, with the aid of colleagues and by being supervised by a supervisor.

1.6. Psychodramatists should explain honestly and clearly the possibility of the presence of observers, human recorders, appointed auxiliary egos and co-therapists. **Before the session starts, they have to make it clear to all in presence that they ought to pledge confidentiality along with other rules mentioned in paragraph 2.1.0.**

1.7. Each psychodramatist is responsible for the following precautional decisions: First, whether a particular patient is suited for psychodrama and secondly whether he/she is suited for the particular group of which he/she is due to be a member. If not, the therapist should suggest alternative therapeutic possibilities with other colleagues and in other therapeutic orientations.

1.8. In order for a psychodramatist to practise the profession adequately, they should be healthy, and both mentally and physically balanced. This role model should consist an example to other colleagues and trainees. Individuals who are aware that their mental or physical health is damaged and might harm their clients should not practise the profession. This includes the misuse of substances which may harm their professional practice.

1.9. Psychodramatists are aware of and respect the cultural anticipations of the community in which they work.

1.10. Psychodramatists share a deep knowledge and respect of the cultural ethics of their clients, trainees and colleagues.

2. RELATIONSHIP WITH CLIENTS / PATIENTS

2.1. Confidentiality

2.1.0. The Hippocratic Oath binds upon the doctor as far as preservation of confidentiality in his professional practice is concerned. In group psychotherapy and in psychodrama, the Hippocratic Oath also applies to all clients/patients and binds upon each and everyone of them to not reveal the secrets trusted to them by other clients/patients to a stranger/third party. Just as it already stands for the therapist, the protection of the well-being of the co-patients relies likewise on each and every patient. **This includes information about third parties who are not members of the group.**

2.1.1. Psychodramatists consider all information acquired by the client confidential, either during therapeutic sessions or at any other contact with the client, unless the client agrees that some specific information may be transmitted. Transmission of confidential information is allowed only under the following circumstances:

a. During the conversation with the psychodramatist's supervisor.

b. When a member of the group has reasons to believe there has been a breach in the application of the code of professional ethics, the issue then lies in the hands of the representative of the Committee of Professional Conduct.

c. Directly to other professionals relevant to the case of the client or his/her family, with the client's permission.

d. In the cases of authoring or training others, information should be presented in such a way that the anonymity of the client is preserved, and whenever possible their consent is required.

Comment: Confidentiality preservation can also be lifted:

e. With the client's consent.

f. Under law enforcement.

g. For the sake of public interest, in case of criminal offense or serious molest of others (preceded by legal advice, though).

2.2. Fee

2.2.1. Psychodramatists who work privately should not offer any kind of commission, fee or privilege to the person who acts as reference for someone.

2.2.2. Psychodramatists should not make use of the information acquired in the course of their relationship with clients or trainees for their personal interest.

2.2.3. Psychodramatists share the responsibility of making a clear and unprejudiced oral or written contract with the client before the initiation of therapy. In the private sessions with the psychodramatist, the contract should state clearly the terms of payment, the ways of payment, as well as any other special term is put in action.

(A copy of the Code of Professional Ethics should be distributed to all trainees).

2.3. CONTRACT

2.3.1. The psychodramatist creates a crystal clear contract regarding the form and the content of the procedure, as well as the aim of the group/private work. The contract includes the aim and the possible result.

2.3.2. Psychodramatists should not present themselves inaccurately as far as their professional qualifications are concerned. The client and the psychodramatist should revise the contract on a regular basis, so as to reassure that the client's well-being remains a top priority issue.

2.3.3. Psychodramatists make sure they spend adequate time and pay adequate attention in the making of the therapeutic contract. If the client wishes to terminate therapy, the psychodramatist should judge whether that is a genuine wish or the result of a therapeutic crisis, and should advise the client accordingly.

2.4. LIMITS

2.4.1. Psychodramatists take particular care of the natural environment in which they work with clients so as to provide a safe place for therapy.

2.4.2. Psychodramatists are aware of the professional limits between themselves and clients or trainees. **Psychodramatists ought to grasp the possibility of role confusion, which could harm the therapeutic and/or the training procedure.**

2.4.3. **A psychodramatist may never engage in a sexual or otherwise special intimate relationship with a client, and ought to discourage such development.** In case a psychodramatist engages in a sexual relationship with a client who wishes to continue therapy, the psychodramatist is obliged to interrupt therapy and advise them to work with some other psychodramatist/therapist.

2.4.4. Psychodramatists inform the client or the trainee about therapy practices which might influence the client or the trainee. For example, the use of videocameras or other similar equipment, or of an one-way mirror are considered as factors that could seriously harm the confidential nature of the psychotherapeutic relationship. In all cases, the psychodramatist is obliged to have the clear consent of all participants in the sessions being taped or watched and to inform them about their right to withdraw their consent at any time they wish to do so.

3. ASSOCIATION WITH SOCIETY

3.1. Psychodramatists are trained people who practise their profession in a sufficient manner. Their concern is to provide a safe environment for the client, thus ensuring that psychodrama will not be defamed. Professional psychodramatists should have completed an approved training program and their names should be recorded in a professional register.

3.2. In addressing psychosexual issues, psychodramatists should show the required attention during the enactment of those specific incidents involving sexual activity. Especially in the case of sexual abuse, each psychodramatic technique should be chosen with concern in order to reduce potential deterioration effect.

3.3. In case of advertising, psychodramatists should clearly exhibit the services provided in the practice of psychodramatic activity.

3.4. Psychodramatists have the responsibility of recognizing the importance of research, and, wherever and whenever necessary, the responsibility of initiating some research, contributing or participating in this process, as well as of informing and seeking consent of the clients if they are involved in it.

3.5. Psychodramatists play an educational part in society, as well as a therapeutic one, and pursue their continuous training.

3.6. Psychodramatists may use their skills to facilitate the exploration of social issues beyond those of treatment. The use of psychodrama is not limited to clinical contexts. In any case, however, **the ethics of consent and confidentiality always apply.**

3.7. Psychodramatists have the responsibility to continue their own development by receiving individual therapy, training and supervision.

3.8. Psychodramatists are against discrimination, espouse the principles of freedom of speech and of human rights, and they ought to contribute in promoting them.

4. ETHICS CODE OF PROFESSIONAL CONDUCT FOR PSYCHODRAMA SUPERVISORS AND TRAINERS

4.1. Supervisors and trainers should take notice of their own prejudices and stereotypes, and examine how these can be affecting supervision and educational processes.

4.2. Supervisors should be aware of all kinds of prejudice or misrecognition manifested by psychodramatists during working with clients and help them broaden their perception in order to function in a sufficient therapeutic way.

4.3. Supervision and training are not to be exploited. Their basic values are integrity, accountability, impartiality and respect, which are applied regardless of the form of supervision or training, and regardless of the type or the amount of fee.

4.4. Supervision is a confidential activity and supervisors should clarify the limits of confidentiality to supervisees.

4.5. Supervisors and trainers have a responsibility to ensure the safety of supervisees, trainees and clients, wherever possible.

4.6. Supervisors and trainers are responsible for strengthening the competence of supervisees and trainees.

4.7. Supervisors and supervisees, trainers and trainees agree on a financial and professional contract at the beginning of their collaboration.

4.8. Supervisors should take the necessary steps in order to check their own competence by being supervised on their own supervision.

4.9. Supervisors, trainers and managers of institutes should distinguish the boundaries among supervision, therapy, training and administration.

4.10. Supervisors and supervisees ensure that personal or social interaction between them does not adversely affect the supervisory relationship.

4.11. Psychodramatists providing therapy do not supervise or train people in therapeutic process with them.

4.12. Supervisors and trainers do not take advantage of their supervisees and their trainees economically, sexually, emotionally or otherwise. In any case, a supervisor or trainer does not engage in a sexual relationship with a supervisee or trainee.

4.13. Supervisors and trainers have a responsibility to advise their supervisees and trainees when they themselves malfunction for personal, health or any other reason, and to ensure they function efficiently.

4.14. Supervisors and trainers are responsible of seeking to improve their professional development and competence.

4.15. It is the supervisors' and trainers' responsibility to withdraw from practising supervision or training when their function has declined owing to personal difficulties due to illness or any other reason.

4.16. Supervisors and supervisees agree to the contract concluded as far as fees, place and time of meetings as well as expectations are concerned, before the initiation of the supervision.

4.17. Supervisors of psychodrama trainees are responsible for their educational development. Before starting the program, the contract concluded by the institute directors, trainers and trainees states the time of payment, the time and place of the meetings and the expectations.

4.18. In general, supervisors do not disclose confidential information about their supervisees, **or indirectly about their clients through their supervisee without the consent of the person involved. Below are some exceptions:**

-To protect a minor member of psychodrama from abuse.

-When authoring or teaching others, information is presented in such a way as to protect the anonymity of the client and the supervisee. Also, consent is sought, if possible.

4.19. Supervisors can talk about the work of the supervisees to their trainers, as defined in the original agreement.

4.20. If during the supervision the supervisor detects that the supervisee requires therapy, he has the responsibility to suggest it to the supervisee.

4.21. In case disagreements between the supervisor and the supervisee cannot be resolved, the supervisor consults a colleague professional, and, if necessary, they recommend the supervisee to address another supervisor.

4.22. In case trainer and trainees cannot resolve disagreements between them, the trainer consults a colleague professional, and if necessary, they recommend the trainee to address another trainer.