



MODERN ETHICS FOR TRAUMA TX

Ashley Greenwell, PhD

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Transparency for today's talk



I work for UCEBT as Clinical Director. No known COIs



An hour talk is an overview and insufficient for reaching competency.



This is educational. I'm not providing legal or ethical advice on specific cases (this is not a substitute for obtaining consultation).



I'm a psychologist and most familiar with these codes.



This webinar will be recorded and available online. Contact annalyse.vaughan@ucebt.com with any tech problems that arise.



Consider closing your email and minimizing alerts.

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Learning objectives

01

Understand common therapist processes that interfere with ethical decision making in trauma tx

02

Increase awareness of modern ethical tensions in trauma treatment.

03

Begin to develop an individualized tool-kit for support

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An Exercise

When I worry about getting in trouble (fear a negative outcome), I...

- Eat more chips and cookies
- Feel an urge to add to my case notes or call the client and talk to them NOW
- Call consultants and seek reassurance that my decisions were the RIGHT ones
- Feel fear, guilt, and consider back-up career options.

◦ When I feel competent and effective as a therapist, I...

- Know that few things are an actual emergency
- Understand that I am not responsible to guarantee an outcome but rather meet a standard of care using the info I have at the time
- Remain open to consult feedback and willing to change my plan

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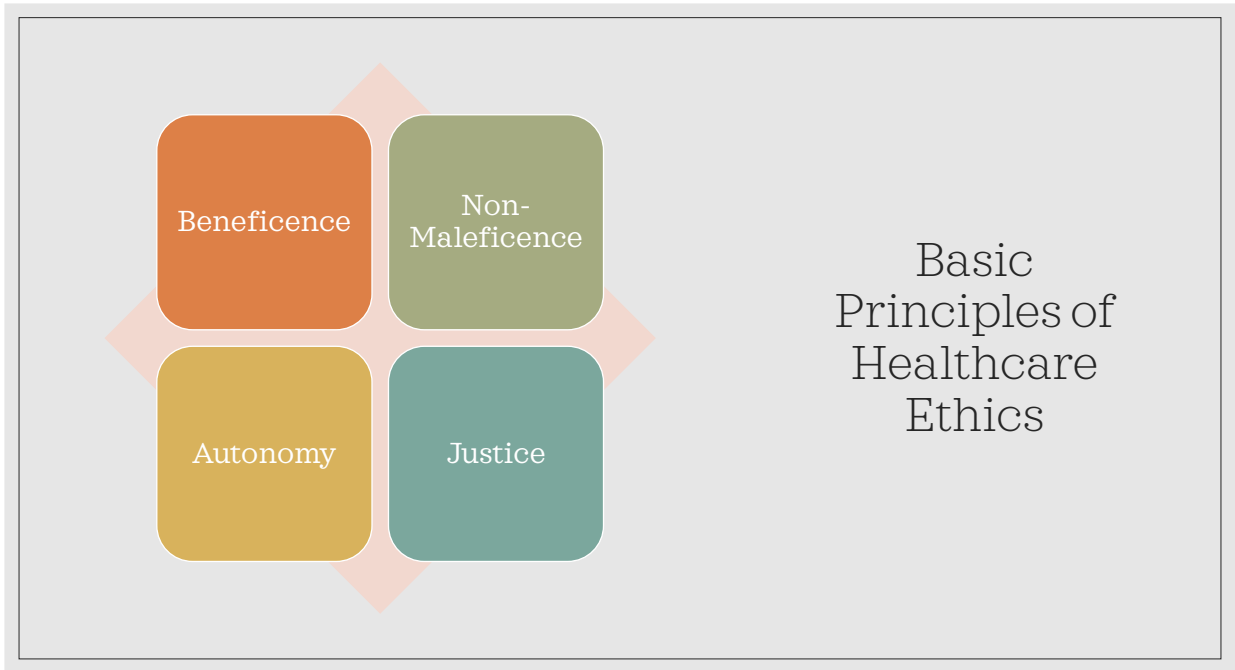
Problematic
ethical
choices
often stem
from...

- **Fear** => Centered with perspective taking
- **Ignorance** => Acknowledge uncertainty and know where to access guidance
- **Exhaustion** => Increased commitment to equipping yourself with the necessary resources
- **Rarely, blatant disregard/malice** => Remediation/Career change

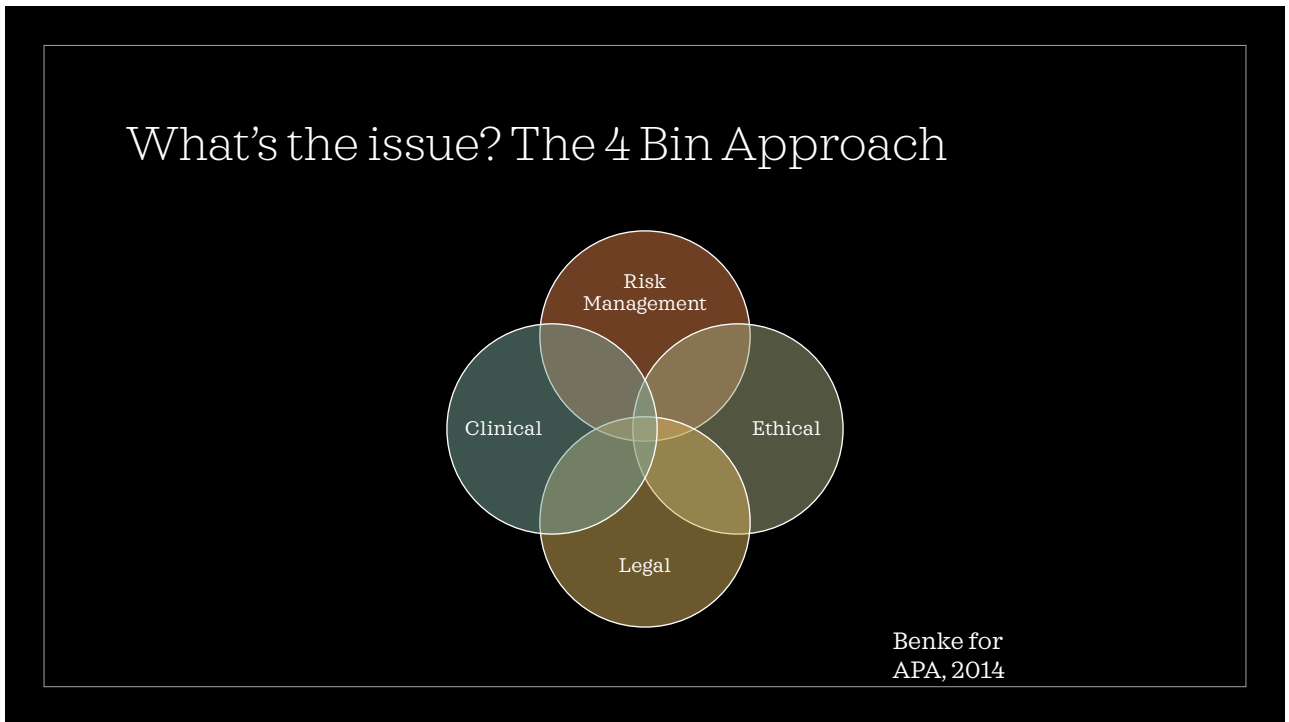
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A QUICK REVIEW

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Malpractice is a lens..



First, the provider breaches a duty that is owed to his client/patient (Standard of Care).



Second, the breach must cause harm.



Third, there must be damages that arise as a result of the harm caused by the breach.

Source: Medicalmalpractice.com

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Some
reasons that
trauma tx is
complex

- That *new, breakthrough thing*
 - MDMA, Ketamine , Brainspotting, Accelerated Resolution Therapy, Emotion Freedom Techniques
- Technology: Social media, tele trauma processing
- Increased risk of deterioration (suicide risk, dissociation, self-harm, revictimization)
- Poverty, discrimination, adversity
- Body-based work/scope of practice
- Client ambivalence and avoidance
- Relational and attachment problems are the norm
- Sudden onset: COVID-19 and Psych First Aid

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PRINCIPLES OF ETHICAL INTELLIGENCE

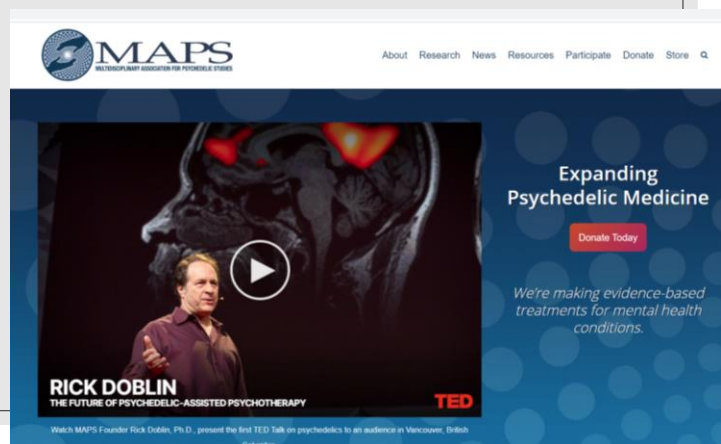
Applied to Trauma Work

Adapted from Pope & Vasquez, 2016

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1) *Ethical intelligence is an active process of continuous awareness that involves constant questioning and personal responsibility.*

- Case Examples
 - MAPS
 - EMDR via telepsych
 - Beneficence ---Non-Maleficence



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2) *Awareness of ethics codes is crucial, but cannot take the place of an active, thoughtful, **creative** approach to our ethical responsibilities.*

Dimensions for Ethical Decision-Making in Dual Relationships

(Gottlieb, 1986)

Low Power	Mid-Range Power	High Power
Little or no personal relationship or Persons consider each other peers (may include elements of influence).	Clear power differential present but relationship is circumscribed.	Clear power differential with profound personal influence.
Brief Duration	Intermediate Duration	Long Duration
Single or few contacts over short period of time.	Regular contact over a limited period of time.	Continuous or episodic contact over a long period of time.
Specific Termination	Uncertain Termination	Indefinite Termination
Relationship is limited by time externally imposed or by prior agreement of parties who are unlikely to see each other again.	Professional function is completed but further contact is not ruled out.	No agreement regarding when or if termination is to take place.

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3) *Awareness of laws is crucial, but legal standards should not be confused with ethical responsibilities.*

Common Legal Issues

- Billing
- Practice across jurisdictions
 - Telepsych, supervision, mandated reporting
- Amending/omitting records
- Domestic violence treatment and reporting

Domestic Violence Example

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4) *The overwhelming majority of therapists are conscientious, dedicated, caring individuals, committed to ethical behavior. But none of us are infallible.*

E.g. Google Review

Sustainability and burnout:

- "I don't know how I got here."
- Being compassionate to your future self

Reporting Impaired Providers

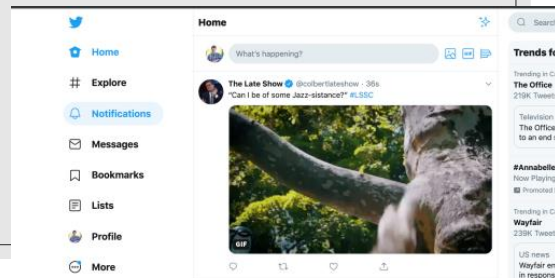
- Remediation process

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5) *It's easier to question the ethics of others than to question what we believe and do.*

SOCIAL MEDIA EXAMPLE

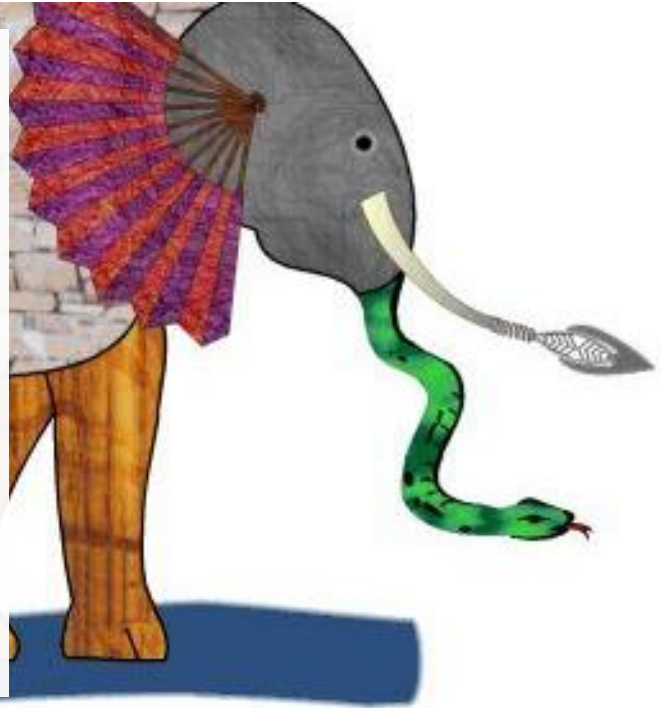
- Sally Jane, MSW (@SallyJaneMSW)
 - *Hey Everyone. I lost one of my dear clients today after she died by suicide. She struggled bravely with terrible child abuse memories for years and was making so much progress in our treatment. She leaves behind two beautiful children. I am beyond heartbroken. I welcome your supportive comments and encourage you to retweet this to share these resources: 1-800-273-TALK, UNI Crisis line 587-3000*



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6. We explore intriguing topics that we know we don't understand. Question the obvious ones too.

- Dialectical Agreements (Linehan, 1993)
- Who's going to hold up the other side? What's being left out?

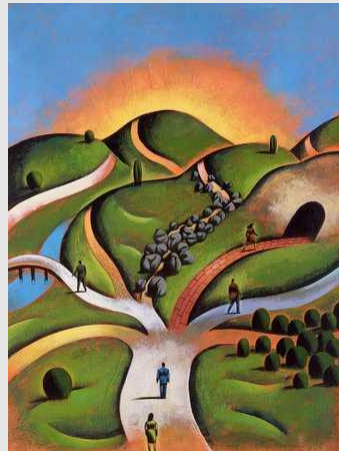


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7) We often encounter ethical dilemmas without clear and easy answers.



Vs.



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8) *We and our clients do not live in a vacuum.*



Conflict between expert guidance and your beliefs



Openness and curiosity



My identity as a human > my professional identity



Values and intentional actions

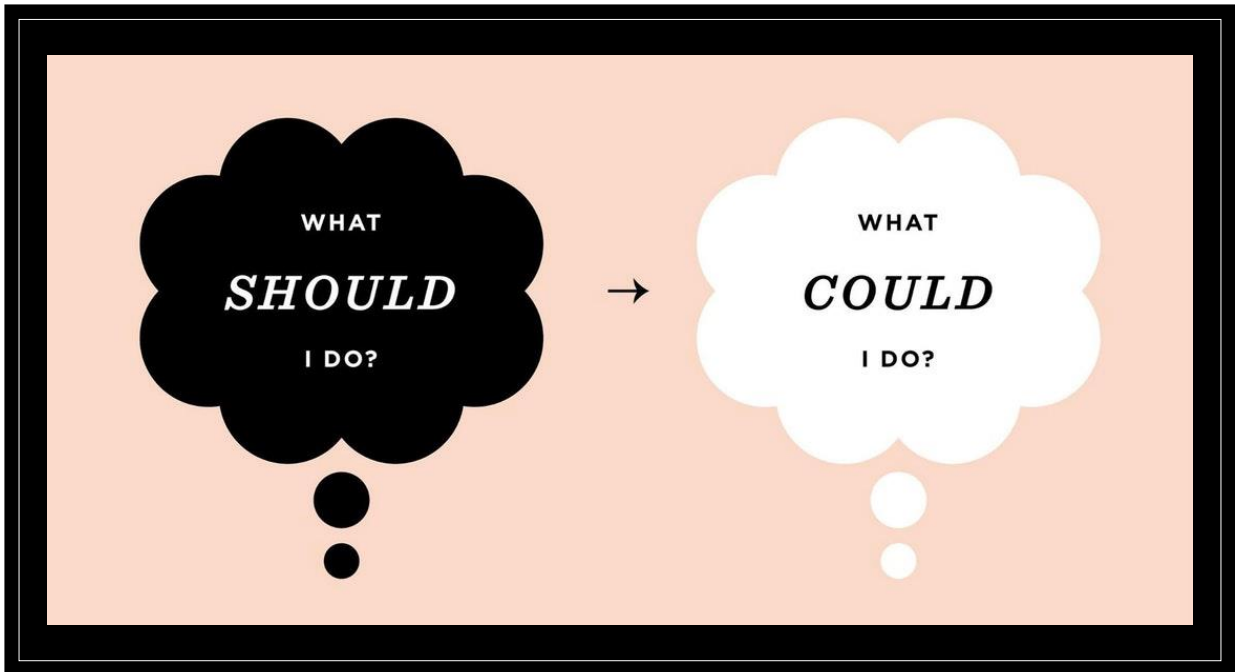


Social Justice



Our responsibility

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Resources



Knowledge:

- www.kspope.com
- Utah DOPL
- Standing at the Edge (Halifax)
- Counseling Ethics for the 21st Century: A Case-Based Guide to Virtuous Practice (Cohen)



Core Contacts

- Liability Insurance (risk management)
- DOPL, Attny (Legal)
- A supervisor or trusted colleague (clinical)
- Your professional organization (e.g. UPA, NASW, etc. for ethical)
- Moral support (friend, mentor)

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FOR EVIDENCE BASED
TREATMENT

QUESTIONS, DISCUSSION & CEU EVALUATION

Contact info: ashley.greenwell@ucebt.com

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References

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