



ASSOCIATION FOR RATIONAL EMOTIVE BEHAVIOUR THERAPY

PRACTITIONER CODE OF ETHICS AND PRACTICE

INTRODUCTION

This code serves to establish and maintain standards of practice for REBT practitioners and REB/CBC coaches, as well as inform and protect clients seeking counselling or coaching services.

THE CODE

1. The Association will place the names of Professionally Trained Rational Emotive Behaviour Therapists and Rational Emotive Behaviour Coaches on separate conjoining Registers.
2. Practitioners (Therapists and Coaches) should work in ways that will promote client autonomy and well being and maintain respect for and Dignity of the client. REBT and CBC/REBC are non-exploitative practices.
3. Contracting for Psychotherapy, Counselling or Coaching should include clear boundaries and conditions for the therapeutic/coaching relationship.
4. All information given to the client should accurately reflect the nature of REBT or REBC/CBC and quantify the qualifications, training and experience of the practitioner.
5. Clients should be informed if records of Psychotherapy, Counselling or Coaching sessions are kept and what degree of access those clients and others have to them.

6. Practitioners should monitor and recognise their own limits of competence through such activities as consultative support, psychotherapy, counselling, supervision and client feedback.
7. Practitioners are to maintain high personal and professional standards and monitor their own effectiveness in the psychotherapy, counselling, training and coaching arena.
8. No practitioner should practise without regular consultative support and supervision.
9. Practitioners should work within the law and be aware of current legislation affecting the work of psychotherapists, counsellors and coaches.
10. The terms of client confidentiality should be clearly explained to the client in pre-session information or during 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. If corporate feedback is required, the type and contact of the feedback to be provided with the consent of the client.
12. Practitioners using client information for case studies, research, publications, or other purposes, should seek client's informed consent. In addition, it is important to disguise the clients' identities to the extent that they cannot be recognised by others unless the client has given consent for his or her identity to be known.
13. A complaints procedure should be clearly outlined to clients if they are dissatisfied with the practitioner's competence, behaviour or any other aspect of the helping relationship being undertaken.

Addendum:

This code provides only a minimum framework to guide practitioners of both REBT (therapy) or REB/RC/CBC (coaching) and can be revised or amended when necessary by the Council of AREBT.

1st March, 2011