



CENTRE FOR
SELF-DISCOVERY

ETHICS & CONDUCT IN PSYCHOTHERAPY

The foundation of professional integrity





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*This course seeks to set a standard in ethical
mental health practice in India*

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OVERVIEW

This program has been created to empower mental health practitioners in India who provide counselling and clinical therapeutic services with the knowledge and skills to practice confidently in a currently unregulated landscape. The program aims to establish standards of practice among clinicians through a determined Code of Ethics to protect the therapist-client relationship.

The successful completion of this course bestows the title of “Certified Ethical Practitioner” (C.E.P.) upon the practitioner.

The goal is to distinguish mental health professionals who practice ethically and are committed to the development of this field through their own professional advancement and become a part of a qualified support network where they can access resources, colleagues and supervision for the rest of their career.

ELIGIBILITY

The course is primarily designed for practicing psychologists (Clinical and Counselling) and students undergoing training to practice as such.

The course is also open for non-psychologist fields i.e. any one interested in undertaking training in professional ethics in mental health practice as we acknowledge its usefulness in multiple realms of allied health professions and caregiving fields- for example, academia, social work, nurses, medical personnel, clinical practice, non-counselling psychologists (other care professionals), researchers, intake and admin staff.

Upon successful completion of the course, the recognition of 'Certified Ethical Practitioner (C.E.P.)' will be granted by certificate.

KEY FEATURES

AT THE END OF THIS TRAINING, YOU WILL:

- Enter private or agency practice with confidence, feeling prepared for ethical dilemmas that you don't feel the ethics class at university prepared you for.
- Lay the foundation of a safe relationship with your client through a solid first session and discussion of the treatment consent agreement.
- Support your clients confidently when topics like self-harm or suicide are brought up.
- Recognize unethical overstepping of boundaries through dual relationships and power dynamics to protect yourself and your client in case of unintentional ethical violations that could rupture your relationship causing "therapy trauma".
- Learn about ethical advertising and social media practices within mental health.
- Have a safe learning space to ask your ethical questions and be supervised on ethical dilemmas.
- Train other mental health practitioners and further progress our community as an educator.
- Have a support network of colleagues and supervisors who learn and grow together with you.
- Become eligible to be listed on Centre for Self-Discovery's online public directory to boost your income through marketing and get a consistent source of local and international client referrals*.

*Please see the directory page on this booklet.

COURSE SCHEDULE & FEE

COURSE SCHEDULE

DURATION ~ 20 HOURS (SELF PACED LEARNING)

- 12 PRE-RECORDED MODULES WITH CONTINUOUS LIVE Q&A SUPPORT

While the program is designed to be self-paced, it must be completed within 2 months of your start date. Students have to pass a short final examination (multiple-choice questions), which is based on applied knowledge. The total in-class teaching time is about 8-10 hours (pre-recorded videos). Expected self-study, home-work and reading time is an additional 5-6 hours (approx). All course requirements can be completed within 20 hours.

Live Q&A Support: You will have access to our Whatsapp Chat for questions, clarifications and additional support throughout the duration of your enrolment.

COURSE FEE

- Fee: Professionals - ₹6600 + ₹400 Exam Fee.
- Students with a valid ID - ₹5600 + ₹400 Exam Fee.

All reading material will be provided:

- Code of Ethics and Conduct in Psychotherapy
- Consent and Service Agreement Template
- Release of Information Form Template
- Risk Assessment Tools and Safety Plans
- Case studies for practical application

COURSE MODULES

- 01** INTRODUCTION TO CODE OF ETHICS & CONDUCT
The guiding principles behind the Code of Ethics and Conduct for Psychotherapy
- 02** 10 STEP ETHICAL DECISION-MAKING MODEL
A practical template for resolving any ethical dilemma in your practice.
- 03** RESPONSIBILITY FOR THE RIGHTS, WELFARE, PROTECTION OF CLIENTS
Respect & non-discrimination, informed consent, limits, duty to warn, privacy & confidentiality, working with vulnerable groups, new therapy modalities & technology.
- 04** ETHICAL CARING & PRACTICE COMPETENCE
Scope of practice, assessing competency, dual/multiple relationship dynamics, minimizing harm/maximizing benefit, interruption or termination of therapy.
- 05** PROFESSIONAL STANDARDS & REPRESENTATION
Qualifications, professional development, sexual misconduct, using technology, record keeping & storage, professional will.
- 06** ASSESSMENT PROCEDURES
Appropriate use of assessment tools, intake, results and competency to assess.
- 07** CLINICAL SUPERVISION
Consultation, competency, peer support, addressing biases, relational boundaries between supervisor and supervisee.
- 08** RESPONSIBILITY TO THE PUBLIC, LEGAL & REGULATORY COMPLIANCE
Navigating complaints about others and self and interacting with discipline committees, fostering positive perceptions of counselling and psychotherapy.
- 09** RESEARCH AND PUBLISHED MEDIA
Approvals, informed consent to research, record, dispense, deceive and debrief. Use of animals in research, plagiarism and publication credit.

- 10 ADVERTISING, PUBLIC STATEMENTS AND SOCIAL MEDIA
Avoidance of false or deceptive marketing, media presentations, testimonials, in-person solicitation and social media.
- 11 RESOLVING ETHICAL ISSUES
Misuse of work, Conflicts between ethics and organizational demands, law, regulations, or Other Governing Legal Authority
- 12 SUICIDE RISK ASSESSMENT AND SAFETY PLANNING
Identifying and managing severity of risks, safety planning and reporting obligations.
- 13 SAMPLE SERVICE AGREEMENT, RELEASE OF INFORMATION
Additionally, you will learn to understand, build and deliver consent agreements, confidentiality limits and structure the first session.
- 14 CASE STUDIES
Practical, applied learning through real-world scenarios.

ABOUT THE INSTRUCTOR



SHIVANI AGARWAL

Internationally Registered Psychotherapist
Counselling Psychologist (India) / Registered Clinical Counsellor
(British Columbia) / Certified Canadian Counsellor (Canada)

Former Vice President of British Columbia Art Therapy Association
Professor & Supervisor

Shivani Agarwal is the Founder of Centre for Self-Discovery, a culturally-blended team providing mental health services and education.

Her practice has grown to serve over 700 clients in over 9 languages around the world. She has taught and supervised Masters level Counselling Psychologists at leading institutions. She has specifically adapted the highest standards of professional ethics as set forth by psychological associations in Canada, US, UK and India to create this experiential and essential course that will change the way you lead your career as a therapist and contribute immensely to the field of counselling psychology in India.

ADVOCACY

CFSD is on a mission to standardize the training within Psychotherapy and make it safer for the client and the therapist to exist within a clinically transformative space. We aim to not only increase access to mental health services but make it of the highest quality so clients can get the most out of their time and investment, while therapists can experience career satisfaction and progression, within a legitimized industry. All of this, starts with regulation and licensure. If you would like to support or join us in spreading awareness or lobbying on a systemic level, please become a part of the movement on www.centreforselfdiscovery.org/ethicaltherapy.

‘ETHICAL THERAPISTS’ ONLINE DIRECTORY

As a part of Centre for Self-Discovery’s ongoing advocacy for regulation within the Counselling Psychology field, we are working to create an online public directory that lists all graduates of this Ethics & Conduct in Psychotherapy course (and other practitioners who hold an equivalent module of training). This gives us the opportunity to educate the public and give therapy-seekers easy access to a distinguished list of therapists who have undergone training for and uphold an international standard of practice. The release date is subject to the number of graduates and funding, and we are hopeful of publishing it in the near future.

Certificate holders will be listed as a C.E.P. - Counselling Psychologist, C.E.P. - Researcher, C.E.P. - Clinical Trainee, C.E.P. - Educator, C.E.P. - Non-practicing associate etc. on the online public directory that acknowledges ethical practitioners. The search category your name appears under will be specified based on verification of qualifications submitted.

For instance, you will appear under ‘C.E.P. - Counselling Psychologist’ search only if:

- You hold a Masters degree/Post Grad. Diploma in Counselling Psychology from a recognized institution and are currently in practice (if you graduated from a distance-education program with a practicum component, please contact us to check eligibility).
- You have trained specifically in the following modules during your formal education: trauma-informed practice, basic and advanced counselling skills, supervised practicum/internship.

Similarly, you will appear under ‘C.E.P. - Clinical Psychologist’ search only if:

- You hold RCI license to practice as a Clinical Psychologist.

CONTACT

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www.ethicaltherapists.org

www.centreforselfdiscovery.org/becomeacep