

# THE BRITISH FOCUSING ASSOCIATION

## CODE OF ETHICS

### PURPOSE

The teaching of Focusing involves the transfer of certain skills from teacher to student that foster a healthy and creative relationship with the inner world of feeling, psyche and spirit. The facilitation of the Focusing process as undertaken by Focusing practitioners involves the sensitive support of a client in the exploration of their inner experiencing.

### RELATIONSHIP TO COUNSELLING & THERAPY

Although teaching Focusing is primarily an educational activity and facilitating the Focusing process aims first and foremost to promote a relationship between the client/student and their own experience, therapeutic moments may arise in both contexts. However, I will only offer Focusing in a therapeutic or counselling framework if I am a qualified counsellor or therapist.

### ATTITUDE TO STUDENTS

I respect the free will, freedom of choice and dignity of all my Focusing clients and students, irrespective of their human differences from myself and amongst each other.

### BOUNDARIES

I will behave in a professional, responsible and compassionate manner, and will not abuse the power entrusted in me by Focusing clients or students for my own financial, emotional or sexual benefit. I am aware of the need for appropriate boundaries between teaching relationships, counselling or therapy relationships, and social relationships.

### SELF-DISCLOSURE

I will openly disclose details of my qualifications, training and experience on request.

### CONTRACTS

I will be clear about our agreement over the number and duration of sessions, my fees, and provision for cancellation of sessions.

### CONFIDENTIALITY

I will respect the confidential nature of all personal information I gather in the course of my work.

## CONSULTATIVE SUPPORT

I will seek consultative support for my work from my colleagues as and when necessary, and be responsible for my continuing professional development. Also, my role as a Focusing teacher is very much based on my continuing to practise Focusing for myself.

## ACCOUNTABILITY

It is my responsibility to monitor my teaching and facilitation work and to be able to account to students, clients and colleagues for what I do and why I do it.

## COMPETENCE

I am responsible for monitoring the limits of my competence, effectiveness and resources in teaching Focusing satisfactorily.

## FEEDBACK

I am open to feedback about my teaching/facilitation from students, clients and colleagues.

## DISPUTES

In the event of a dispute arising on any of the above matters in the course of my work as a Focusing professional, I will discuss the matter openly with the person(s) concerned, and where necessary with other BFA members. If necessary, either party may seek BFA mediation.

## BFA SUPPORT

I am a member of BFA which supports me in my work. If I have a concern about any ethical issue, I will seek the views of my colleagues in BFA, and discuss it with them.