CHAPTER 3: ETHICAL ISSUES IN HELPING

Multiple-Choice Questions

3.01. Identify the correct listing of the six basic ethical principles in counseling:
   a. individuality, autonomy, beneficence, nonmaleficence, justice, and fidelity
   b. autonomy, beneficence, nonmaleficence, justice, fidelity, and veracity *
   c. generativity, justice, individuality, liberty, veracity, and beneficence
   d. justice, veracity, fidelity, consensuality, autonomy, and practicality
   e. liberty, justice, valence, autonomy, individuality, and generativity

3.02. Providing equality of resources and opportunity for all people upholds the ethical principle

   a. veracity.
   b. autonomy.
   c. beneficence.
   d. justice.*
   e. fidelity.

3.03. The right of both the consumer and provider to make choices and take action, provided that

   the results do not adversely affect others, is the ethical principle of

   a. patience.
   b. autonomy.*
   c. beneficence.
   d. justice.
   e. truth.
3.04. Nonmaleficence refers to:
   a. Above all, do no harm.*
   b. Above all, be patient.
   c. Above all, practice self-care.
   d. Above all, be kind.
   e. None of the above.

3.05. Jason pressures his client to become a psychology major because she is thoughtful, reflective, and wants to help others. He continues to prod her to declare psychology as her major, even after she hesitates about whether this is the right choice for her. Which ethical principle is Jason violating?
   a. autonomy*
   b. fidelity
   c. justice
   d. veracity
   e. all of the above

3.06. Liza believes that her adolescent client would not talk to her if she knew that Liza was speaking to the client’s parents. Therefore, Liza promises the client confidentiality and secretly arranges to call the client’s parents when the client is at school. Which ethical principle is Liza violating?
   a. autonomy
   b. fidelity *
   c. justice
3.07. Jimmy volunteers to coach a third grade baseball team. He notices that one of the players doesn’t seem to get along with the other members of the team. He begins to use his helping skills to try to provide counseling services to this child before and after practice. Jimmy talks about the player’s problems with the parents of the other team members because he wants to try to help the child. Which ethical principle could Jimmy be violating?

a. autonomy
b. nonmaleficence *
c. justice
d. veracity
e. all of the above

3.08. Which of the following is NOT an ethical issue for beginning helpers?

a. confidentiality
b. recognizing limits
c. focusing on the needs of the client during sessions
d. avoiding dual relationships
e. using appropriate attending behaviors during sessions *

3.09. Some limits to confidentiality are:

a. need to discuss helping experiences with supervisor
b. intent to harm self or others needs to be reported
c. childhood abuse needs to be reported
3.10. The ethical issue of “recognizing limits” refers to:
   a. driving the speed limit
   b. not going over the established time for the session
   c. not practicing beyond the areas of competence *
   d. b and c
   e. none of the above

3.11. A “dual relationship” occurs when
   a. there is a competitive nature in the therapeutic relationship.
   b. someone in power interacts in two different roles with an individual who is less powerful and the potential for exploration or harm exists.*
   c. there is a similarity between how the client perceives the helper and how the helper perceives the client.
   d. the helper reminds the client of another important person in her or his life.
   e. none of the above applies

3.12. The empirical literature shows that helpers’ values do not influence clients.
   a. true
   b. false *

3.13. All but which of the following are ways of being ethically responsible related to culture?
   a. recognizing that traditional ways of providing help may not be sufficient for clients from another culture.
   b. reading about the client’s culture.
c. assuming that the client wants to assimilate into the dominant culture.*

d. demonstrating interest in the client’s culture.

e. becoming aware of your own values.

3.14. Helpers can assume that most helping skills will transfer across cultures and individuals.

   a. true

   b. false *

3.15. Behaving in a virtuous manner refers to

   a. possessing positive moral character and acting with integrity.*

   b. following the rules and guidelines established by your profession.

   c. always meeting your clients’ needs.

   d. none of the above.

   e. both a and b

3.16. As a helper, Sharise strives to be respectful of her clients, act with integrity, and promote human welfare. Sharise is

   a. ethical.

   b. virtuous.*

   c. empathic.

   d. a counseling psychologist.

   e. none of the above
3.17. In the A-B-C-D-E strategy for an ethical decision-making model, what does B stand for?

a. The helper identifies specific breaches of confidentiality in the case.

b. The helper considers what will benefit the client, the relationship, and important people in the client’s life.*

c. The helper considers the benefits of consulting with another psychologist on the case.

d. The benefits and risks are discussed directly with the client.

e. None of the above.

3.18. The A-B-C-D-E strategy for decision making includes the following steps:

a. assessment, breach, consequences and consultation, directive, and ethical issues

b. assessment, benefit, consequences and consultation, duty, and education *

c. address issues, begin assessment, consult with colleagues, decide strategy, and execute plan

d. address issues, begin assessment, consult with colleagues, describe consequences, and execute plan

e. none of the above
Short Answers:

3.19. Name and define the 6 ethical principles

3.20. Name and define the 5 steps of the A-B-C-D-E strategy for ethical decision making.

Essay Questions

3.21. Discuss the role of ethics in helping relationships.

3.22. How does culture relate to ethics?

3.23. Discuss how you would handle the following ethical dilemma: You go to your first day of a science class and are assigned a lab partner who was your client during your helping skills class. What should you do?

3.24. Discuss how you would handle the following ethical dilemma: Your client mentions that he was sexually abused as a child by a priest but indicates that he has resolved all of those feelings. He really doesn’t want to talk about that now because he needs to focus on vocational issues. What would you do?

3.25. You are a counseling psychologist who lives and works in a remote rural area in West Virginia. You are the only practicing psychologist within 120 miles of your small town. You have a private practice in which you provide individual and group psychotherapy. Describe three ethical issues that you may face in this setting.