

Mini-Course: CODES OF ETHICS

Self-Study Practice:

CE Hours: 1

Reading:

pp. 35-40; 17-22, and your professional code of ethics and/or Appendix pp. 255-257

For bodyworkers or NCBTMB certificants, read the Addendum and the NCBTMB Code of Ethics attached below

Learning Goals:

1. To name and be familiar with the ethical issues and categories covered by ethics codes and guidelines.
2. To understand both the purpose and the difficulties associated with codes.
3. To understand the relationship between professional codes of ethics and the legal system.

Look through the specific code of ethics which governs your profession and/or the more global Universal Declaration of Human Rights and reflect on the scope of the areas that are covered. Make sure you understand the provisions. Arrange to ask for clarification about any in your professional code that you have questions about.

Addendum:

IF YOU ARE USING THIS COURSE TO MEET THE NCBTMB STANDARD V ETHICS REQUIREMENT

From one point of view, all the codes and guidelines are about professional boundaries that, if followed, will help insure the safety and health of both you, as a massage therapist or bodyworker, and your clients. The following chart describes Standard V boundaries and responsibilities alongside a description of the behavior of clients who understand and can abide by these boundaries. Modeling and maintaining good boundaries and encouraging good boundaries in your clients will contribute to your being ethically aware, clear, and sensitive. Codes and guidelines are based on much experience of harm and are designed to prevent harm both to yourself and to your clients.

Massage Therapist/Bodyworker Boundaries and Responsibilities	Behavior of Empowered Client
<i>as much as possible, assist your clients in becoming more empowered in their role</i>	<i>is collaborative, curious, resourced, calm and centered, self-aware, open</i>
<i>recognize your personal limitations and practice only within these limitations</i>	<i>accepts limitations and if needed, a referral without feeling rejected</i>
<i>recognize and own your Influential (power differential) position with your clients and do not exploit the relationship for personal or other gain</i>	<i>honors and uses power differential for healing and support</i>
<i>recognize and limit the impact of transference and counter-transference between your client and you</i>	<i>understands that transferences are common and is willing to recognize and work with them</i>
<i>avoid dual or multidimensional relationships that could impair professional judgment or result in exploitation of your clients or employees and/or coworkers</i>	<i>recognizes and honors multiple role limitations and the harm they can cause</i>
<i>do not engage in any sexual activity with a client</i>	<i>does not seek sexual activity with caregiver</i>
<i>acknowledge and respect your client's freedom of choice in the therapeutic session</i>	<i>understands and owns own wisdom and choice</i>
<i>respect your client's right to refuse the therapeutic session or any part of the therapeutic session</i>	<i>understands and owns right to choose to say no</i>
<i>refrain from practicing under the influence of alcohol, drugs, or any illegal substances (with the exception of a prescribed dosage of prescription medication which does not impair the certificant)</i>	<i>does not come to session under the influence of alcohol, drugs, or illegal substances</i>
<i>have the right to refuse and/or terminate the service to a client who is abusive or under the influence of alcohol, drugs, or any illegal substance</i>	<i>accepts caregiver's refusal of service</i>

Assessment Questions:

1. List the categories common to ethical codes and guidelines and give an example for each.

Category	Example
1.	
2.	
3.	
4.	
5.	
6.	
2.	Describe how the legal system interfaces with ethical codes and grievance processes.
3.	Name three purposes for ethical codes. <ol style="list-style-type: none"> 1. 2. 3.
4.	Name three difficulties with ethical codes. <ol style="list-style-type: none"> 1. 2. 3.
5.	In a paragraph, please describe one item in the code that is challenging for you and how you could work with this pro-actively.

Feedback

1. Please rate in terms of value: 1 (lowest) 5 (highest)
 - professional _____
 - personal _____
 - reading _____
 - self-study _____
 - questions _____

2. Please rate from 1 (lowest).....5 (highest)
 - What was the degree of ease, if needed, in communicating with me _____
 - What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) _____
 - Was there adequate support for the content questions _____
 - Were the unit objectives supported by the home study materials _____
 - Were assignments carried out in a private and secure manner _____
 - Did the content lend itself to a home study format _____

3. How many hours/minutes did the following pieces take you?

reading _____

self-study _____

questions _____

4. Anything else you'd like to say?

5. Your Helping Profession _____

6. Organization Requiring CEUs _____

Continuing Education

© Cedar Barstow 2008, *Right Use of Power: The Heart of Ethics*

www.RightUseOfPower.com

Code of Ethics

National Certification Board for Therapeutic Massage and Bodywork

revised October of 2008

NCBTMB certificants and applicants for certification shall act in a manner that justifies public trust and confidence, enhances the reputation of the profession, and safeguards the interest of individual clients. Certificants and applicants for certification will:

- I. Have a sincere commitment to provide the highest quality of care to those who seek their professional services.
- II. Represent their qualifications honestly, including education and professional affiliations, and provide only those services that they are qualified to perform.
- III. Accurately inform clients, other health care practitioners, and the public of the scope and limitations of their discipline.
- IV. Acknowledge the limitations of and contraindications for massage and bodywork and refer clients to appropriate health professionals.
- V. Provide treatment only where there is reasonable expectation that it will be advantageous to the client.
- VI. Consistently maintain and improve professional knowledge and competence, striving for professional excellence through regular assessment of personal and professional strengths and weaknesses and through continued education training.
- VII. Conduct their business and professional activities with honesty and integrity, and respect the inherent worth of all persons.

- VIII. Refuse to unjustly discriminate against clients and/or health professionals.
- IX. Safeguard the confidentiality of all client information, unless disclosure is requested by the client in writing, is medically necessary, is required by law, or necessary for the protection of the public.
- X. Respect the client's right to treatment with informed and voluntary consent. The certified practitioner will obtain and record the informed consent of the client, or client's advocate, before providing treatment. This consent may be written or verbal.
- XI. Respect the client's right to refuse, modify or terminate treatment regardless of prior consent given.
- XII. Provide draping and treatment in a way that ensures the safety, comfort and privacy of the client.
- XIII. Exercise the right to refuse to treat any person or part of the body for just and reasonable cause.
- XIV. Refrain, under all circumstances, from initiating or engaging in any sexual conduct, sexual activities, or sexualizing behavior involving a client, even if the client attempts to sexualize the relationship unless a pre-existing relationship exists between an applicant or a practitioner and the client prior to the applicant or practitioner applying to be certified by NCBTMB.
- XV. Avoid any interest, activity or influence which might be in conflict with the practitioner's obligation to act in the best interests of the client or the profession.
- XVI. Respect the client's boundaries with regard to privacy, disclosure, exposure, emotional expression, beliefs and the client's reasonable expectations of professional behavior. Practitioners will respect the client's autonomy.
- XVII. Refuse any gifts or benefits that are intended to influence a referral, decision or treatment, or that are purely for personal gain and not for the good of the client.
- XVIII. Follow the NCBTMB Standards of Practice, this Code of Ethics, and all policies, procedures, guidelines, regulations, codes, and requirements promulgated by the National Certification Board for Therapeutic Massage & Bodywork.