

**Answer these two questions before we begin.**

**1) What is a dream you have?**

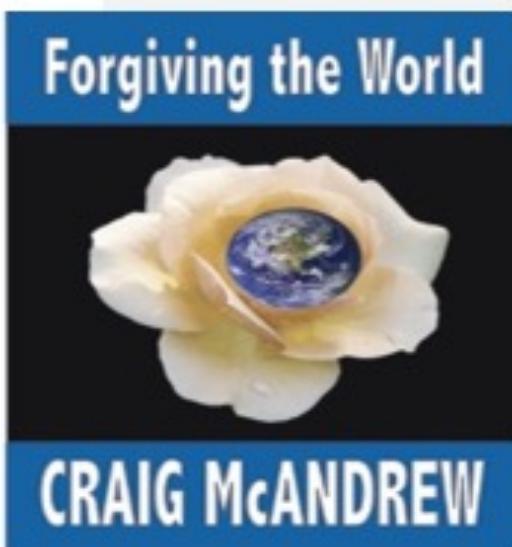
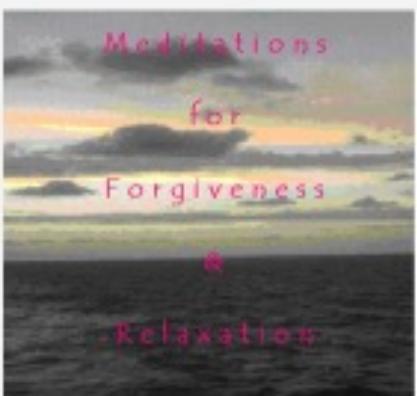
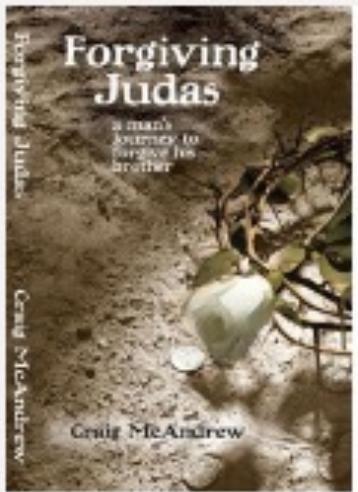
**(For a dream, you only need to know the ‘What’ and the ‘Why’. Not the how, when or where)**

**2) How do you express yourself artistically?**

**THE ETHICS OF SELF CARE**

The background of the image features a subtle, abstract design. It consists of a dense field of thin, white, wavy lines that create a sense of depth and motion. These lines are concentrated in the lower half of the frame, starting from the bottom left and curving upwards and to the right. The color of the background is a solid, medium-toned blue, which provides a calm and professional backdrop for the text.

# THE ETHICS OF SELF CARE



## FAMILY AFFAIR PUBLISHING

**Forgiving Judas – A Man's Journey to Forgive His Brother**

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**Forgiving The World**

**\$18.95**

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**familyaffairpublishing@gmail.com**

# DEFINITIONS:

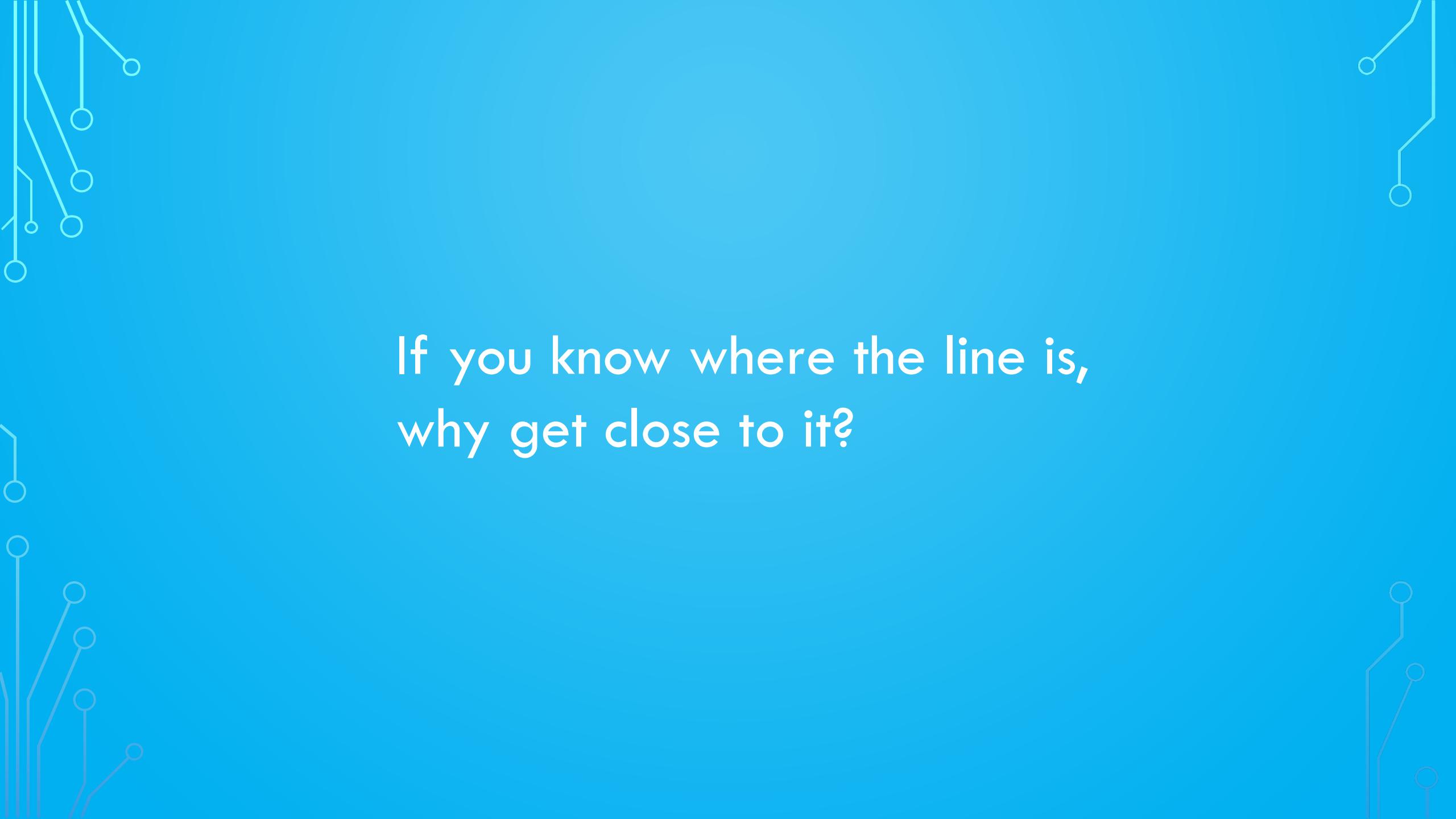
Legal – “Of, based on, or concerned with the law” and “Permitted by law”

Ethical – “relating to moral principles or the branch of knowledge dealing with these.” Or “involves systematizing, defending, and recommending concepts of right and wrong behavior”

We have attorneys to advise us on legalities, and we have our licensing boards and supervisors to advise us on ethics.

**Unethical**

**Ethical**



If you know where the line is,  
why get close to it?



I WILL FOCUS ON 3 AREAS OF  
OUR ETHICAL CODE



## 1) CLIENT WELFARE (OUR PRIMARY RESPONSIBILITY)

DO NO HARM.

DO WHAT IS BEST FOR THE CLIENT.

# Dual Relationships

Why do they matter?  
Where is the line?

# Impaired Professionals

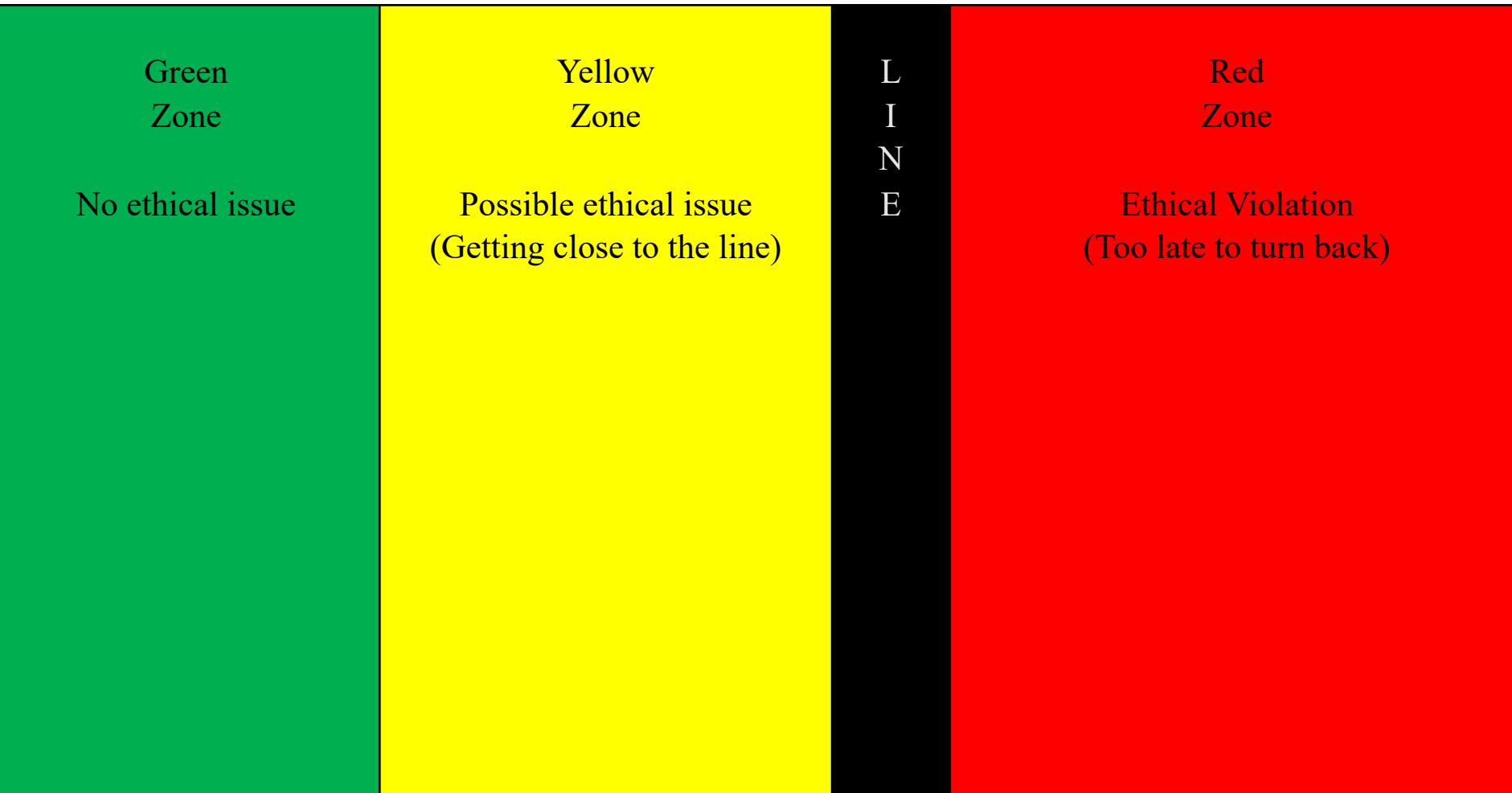
What is an impaired professional?

How do we know when we see one?

What is our ethical responsibility?

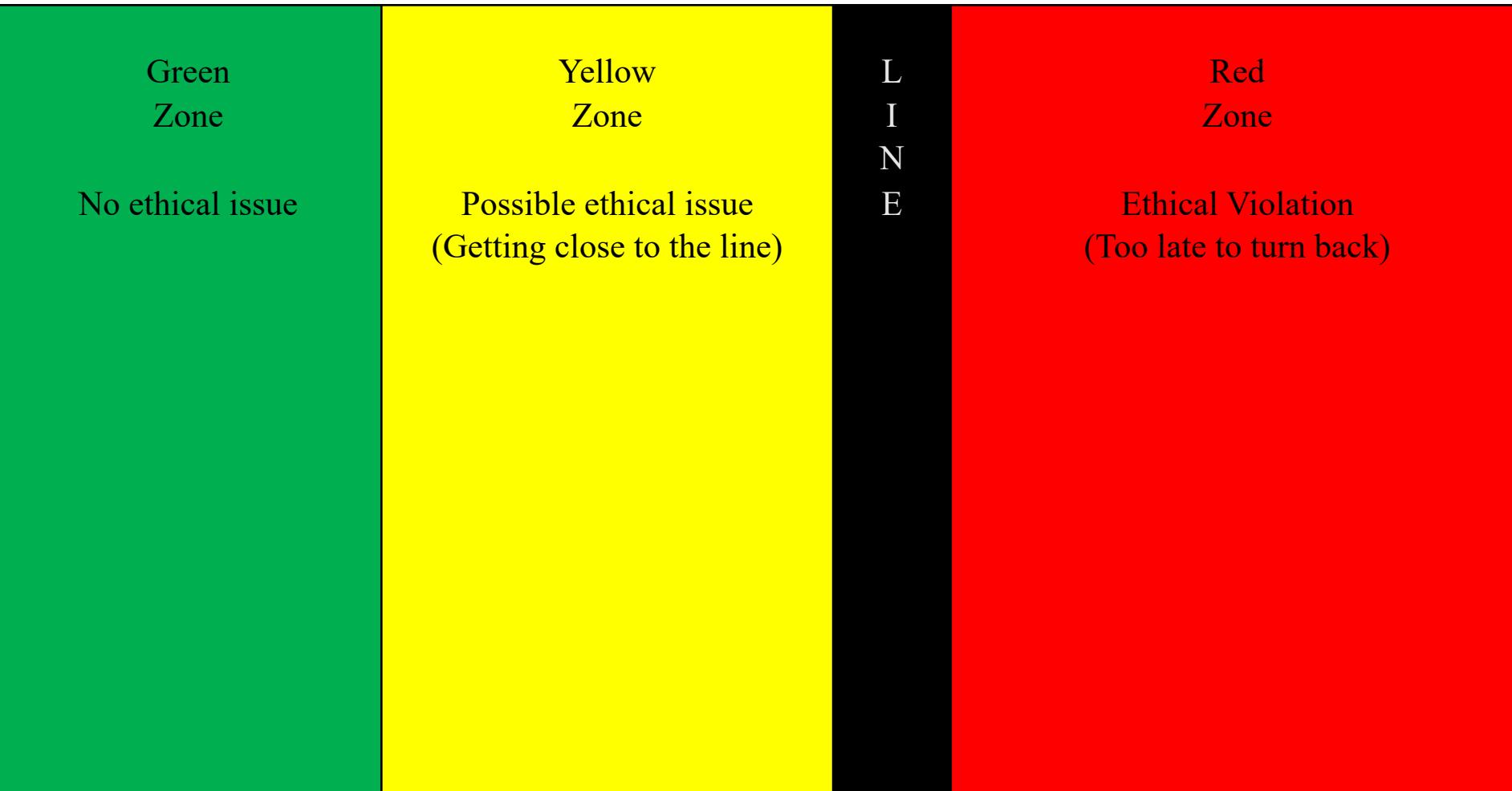
## **Above all, do no harm**

We ALWAYS need to be looking out for  
Potential harm to the client.

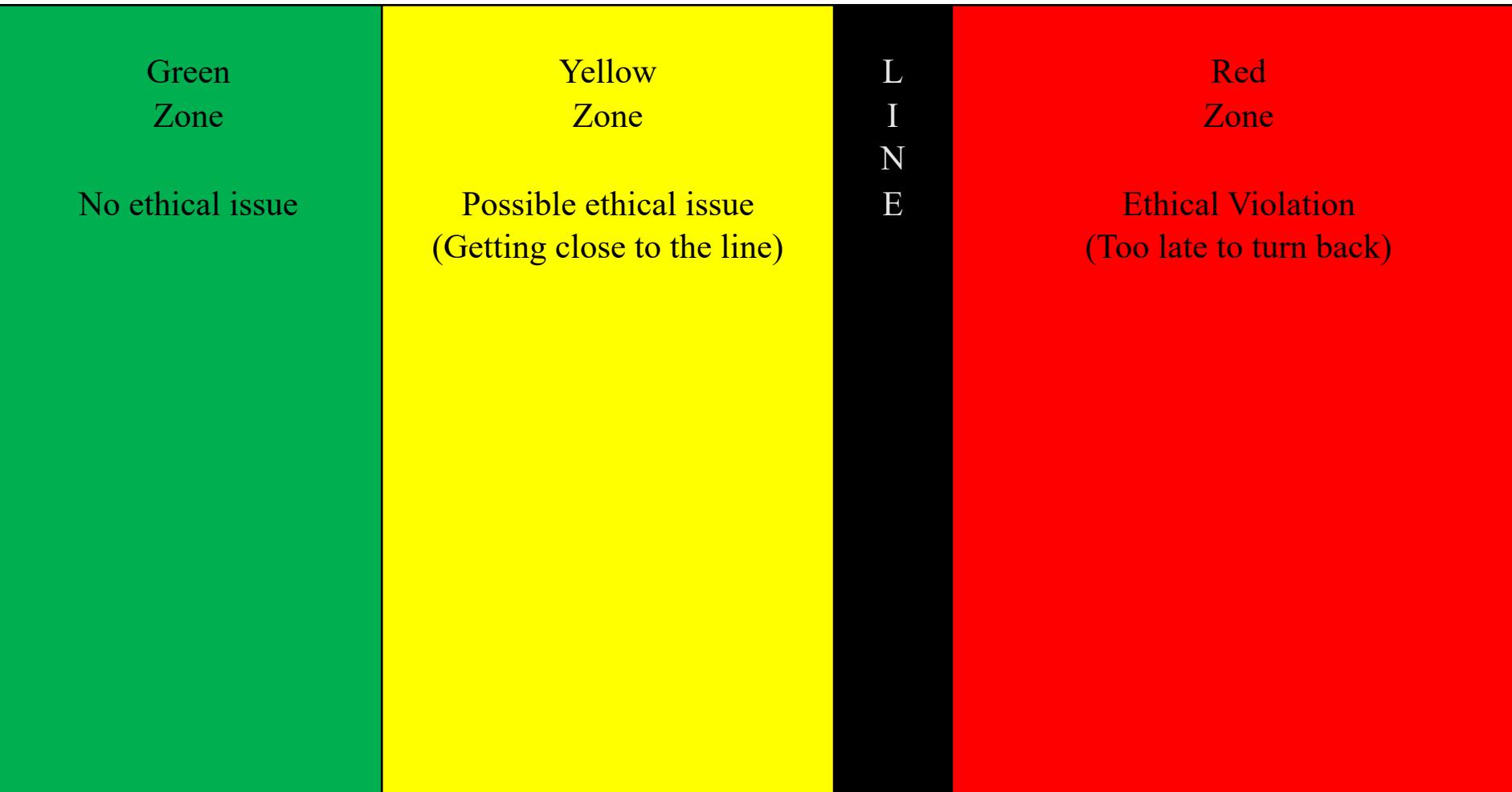


## Case studies

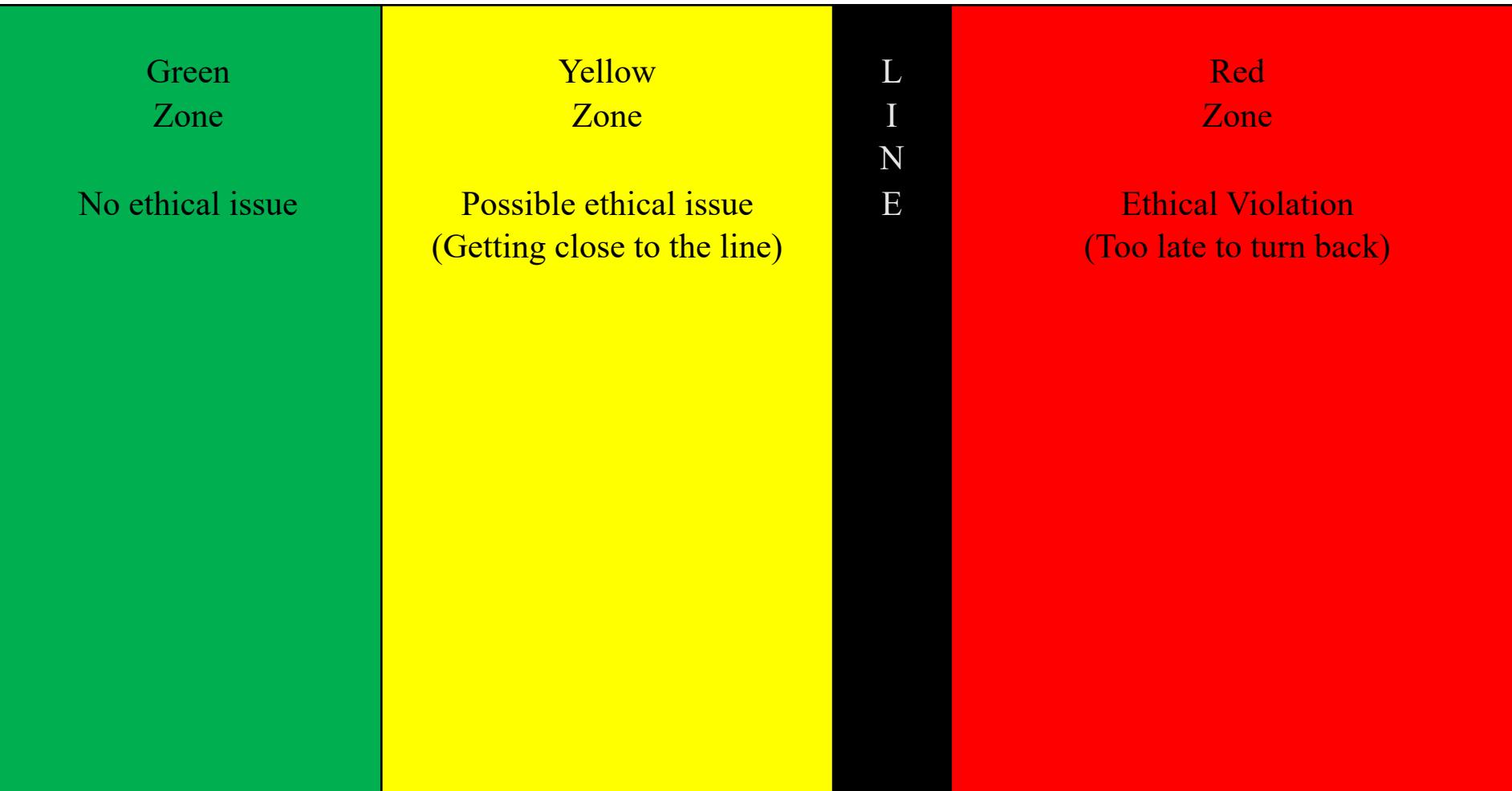
**1) LPC is going through a divorce and is feeling lonely and unloved.**



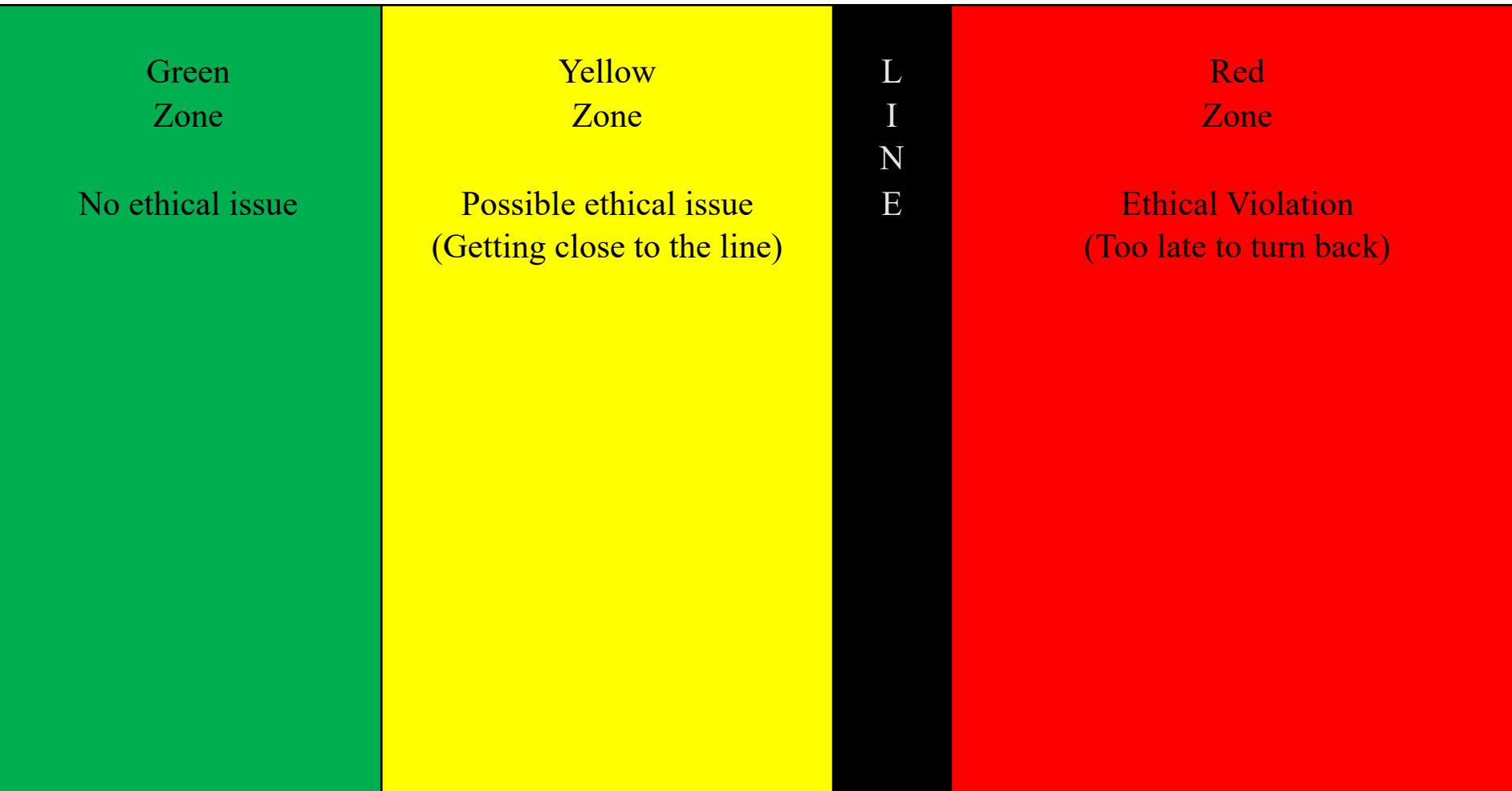
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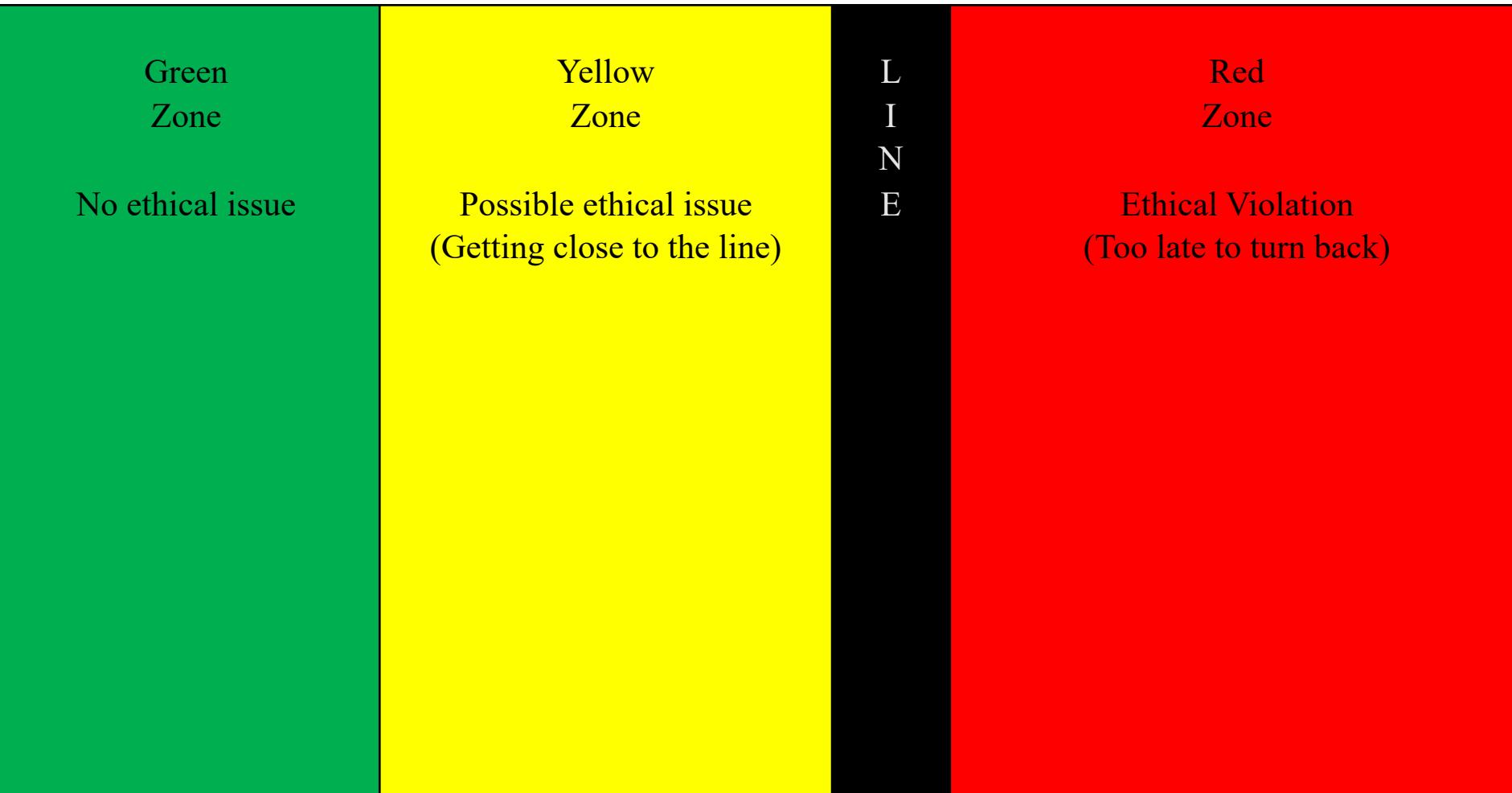
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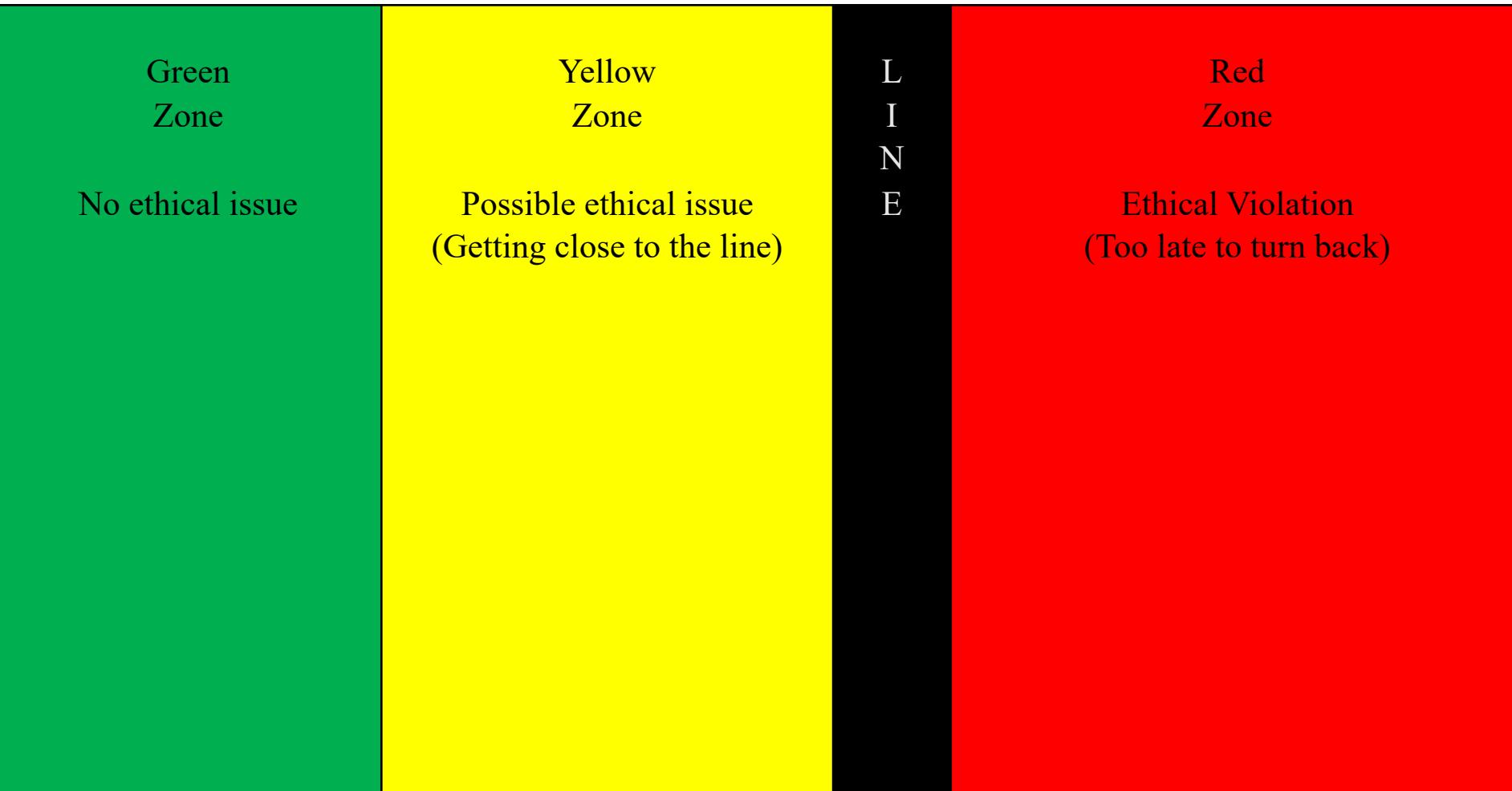
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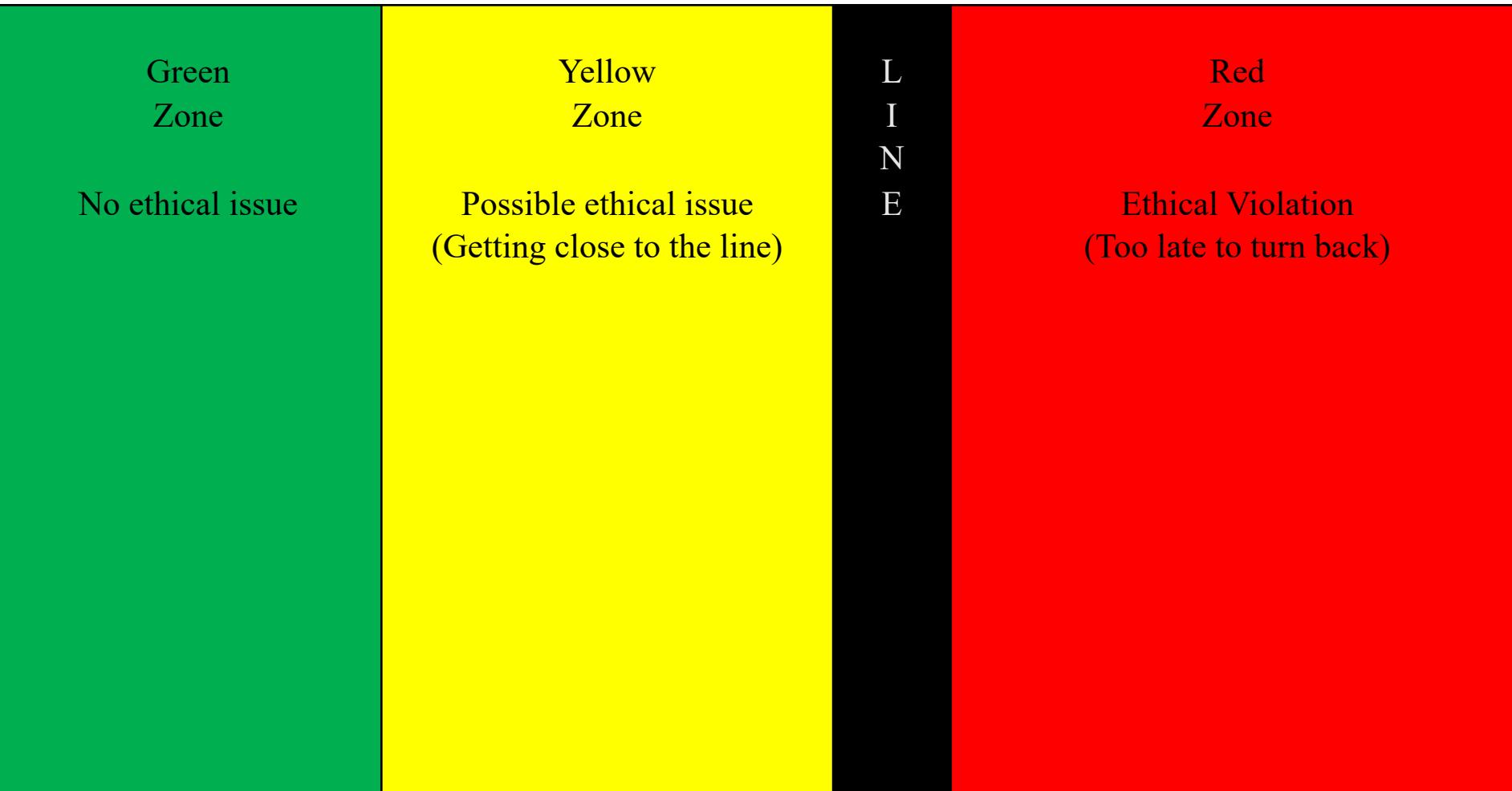


1) **LPC is going through a divorce and is feeling lonely and unloved. They have a client that is physically attractive. They mention this to them in therapy. --- A few sessions later, LPC asks client about the singles scene since they are newly single. --- *LPC sees client at dance club that client had mentioned earlier, and approaches them and asks them to dance***



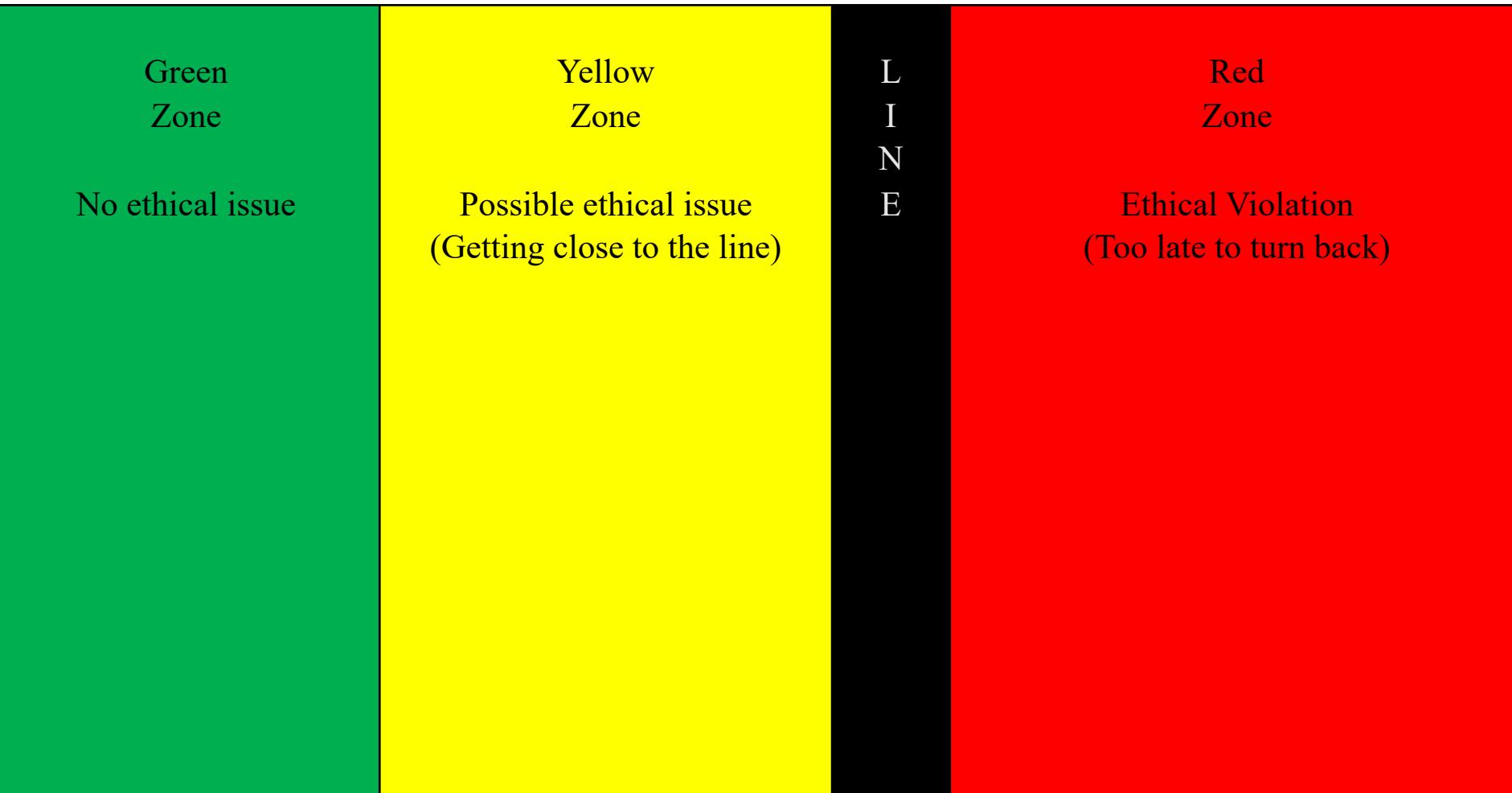
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**- LPC sees client at dance club that client had mentioned earlier, and approaches them and asks them to dance. --- *Client dances with LPC and LPC touches client inappropriately, but client smiles and continues dancing***

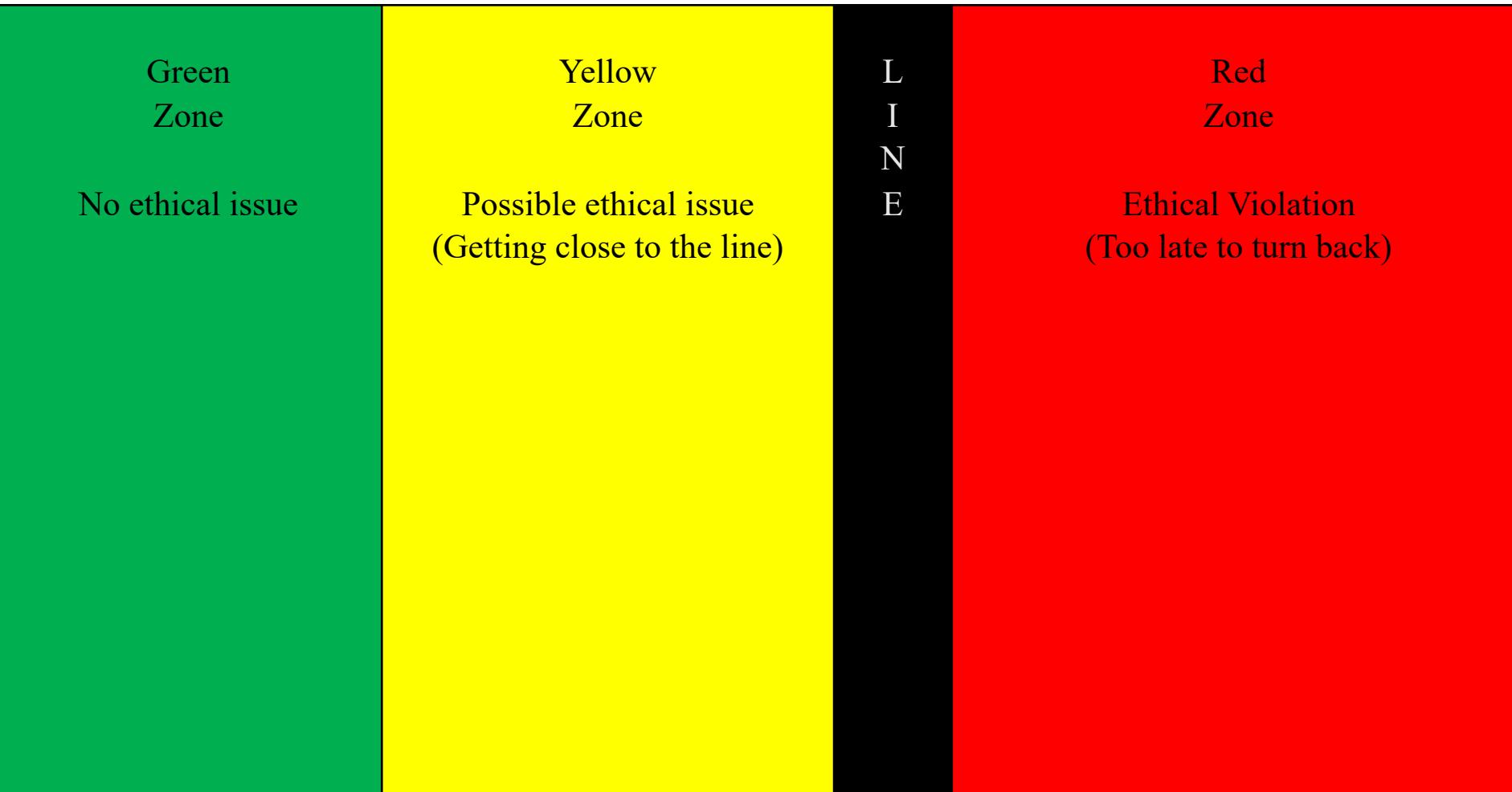


## **Case study II**

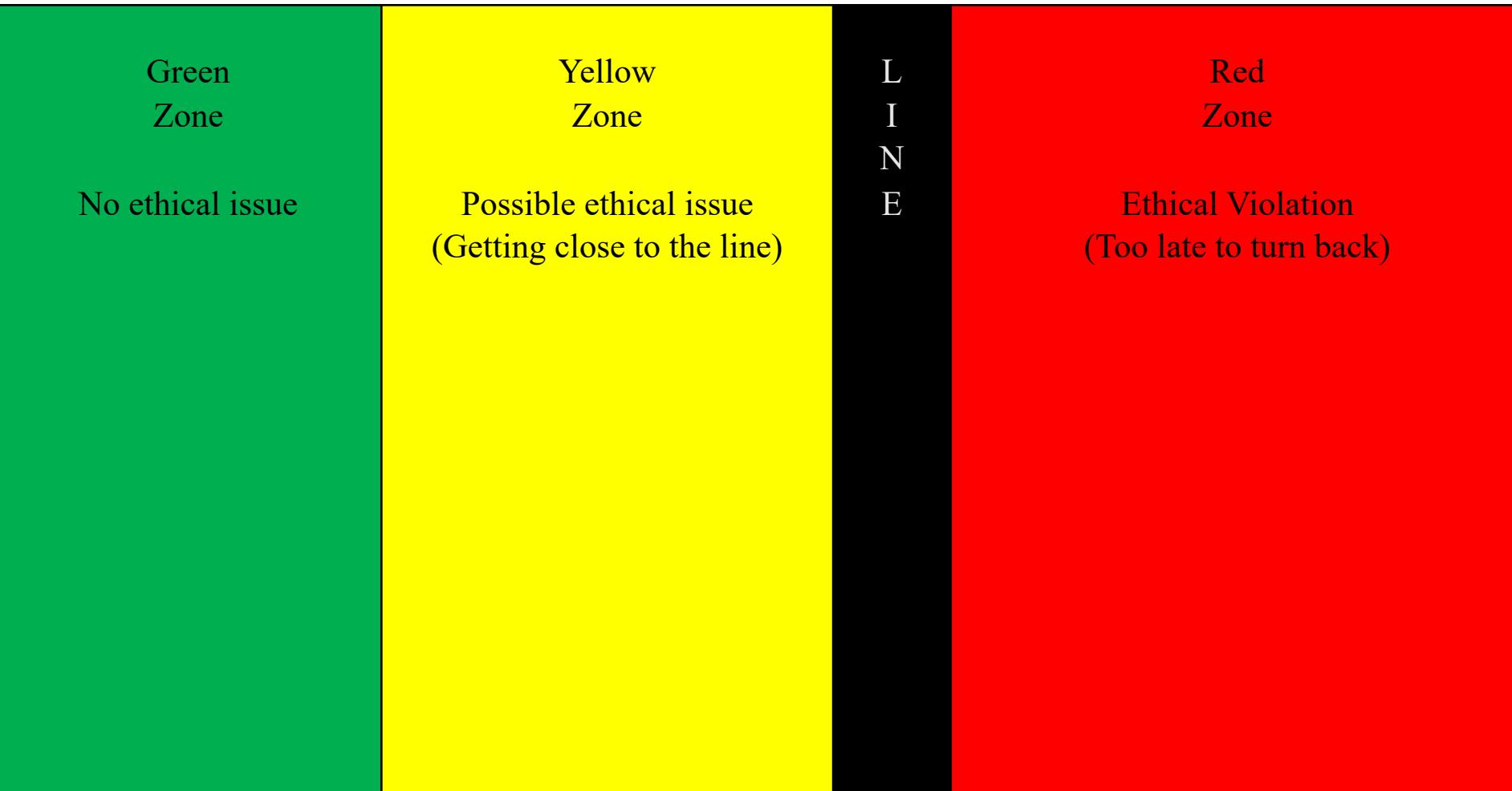
**LPC is seeing a client for anxiety. LPC has a lot of experience treating people with anxiety.**



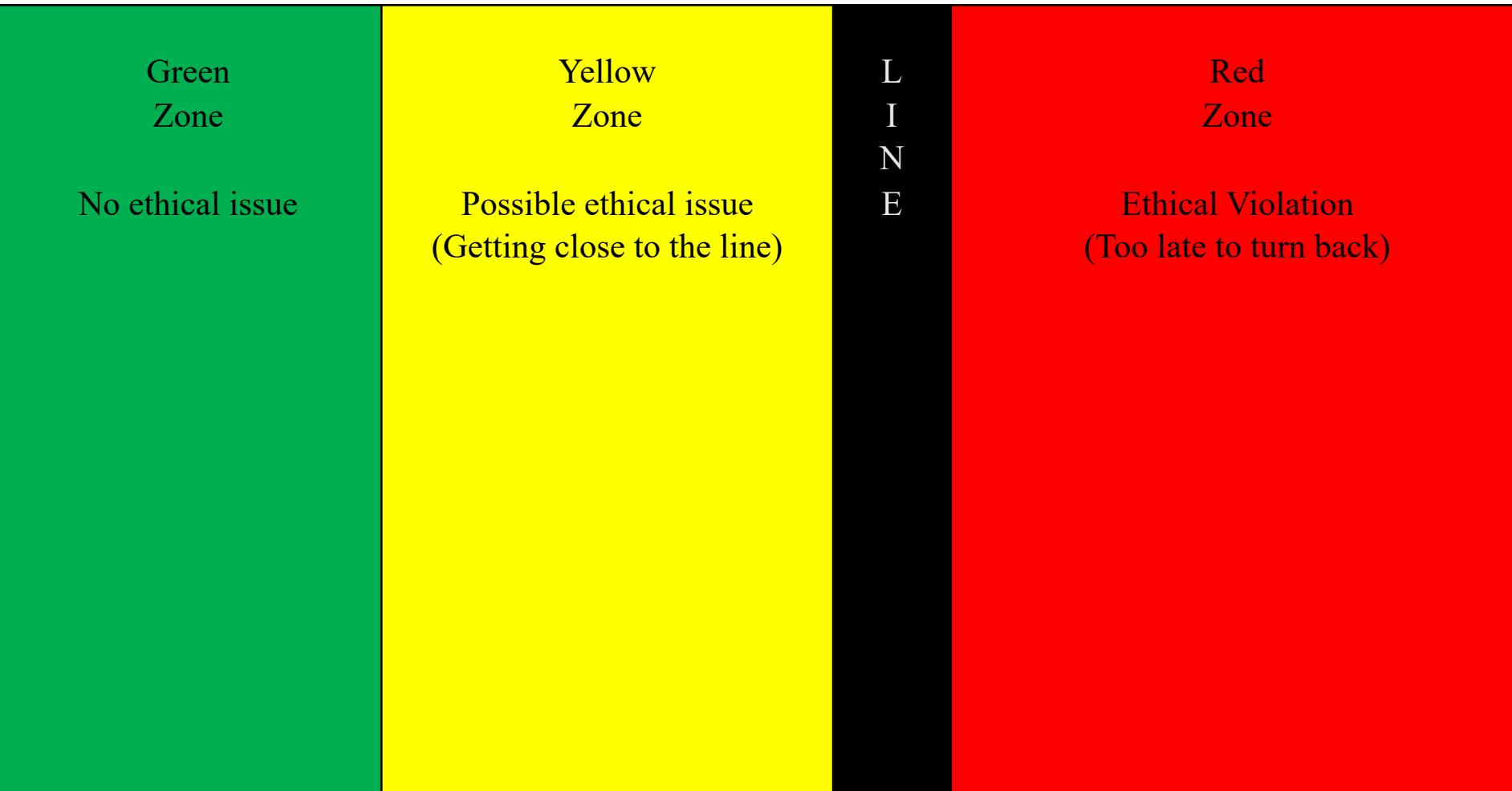
**2) LPC is seeing a client for anxiety. LPC has a lot of experience treating people with anxiety. --- *In initial session, client reports being prescribed Xanax for anxiety, and Oxycodone for pain***



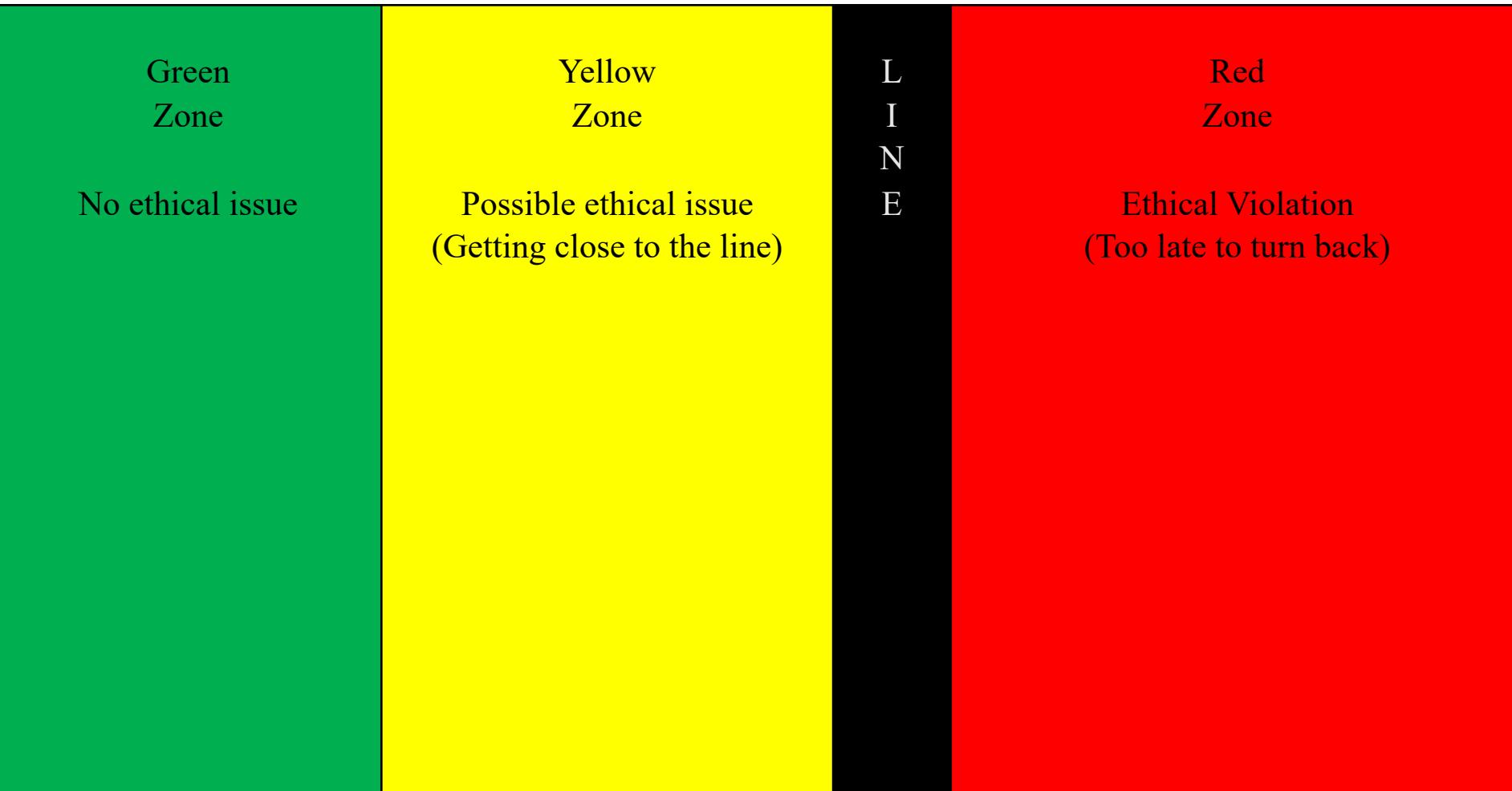
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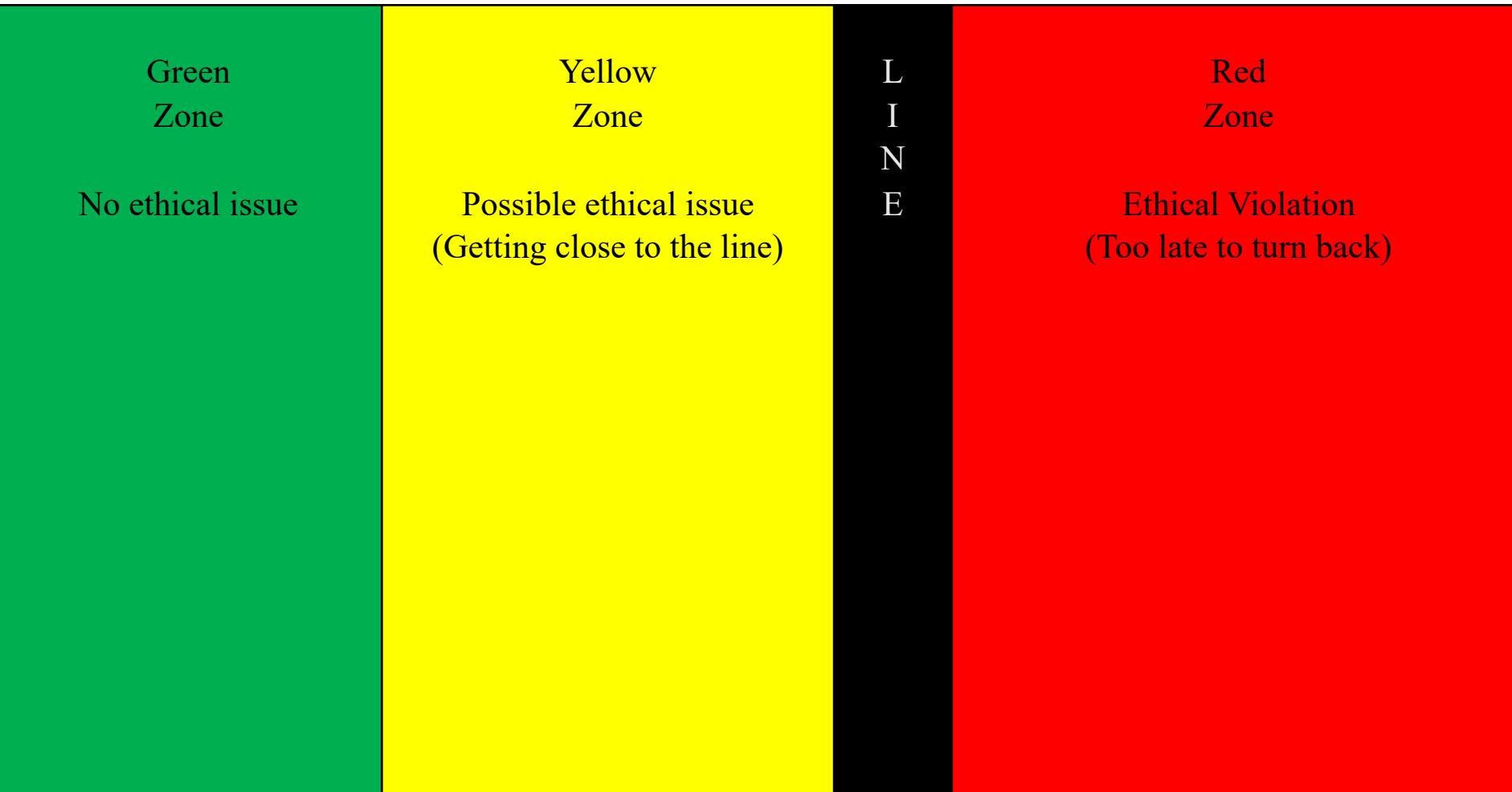
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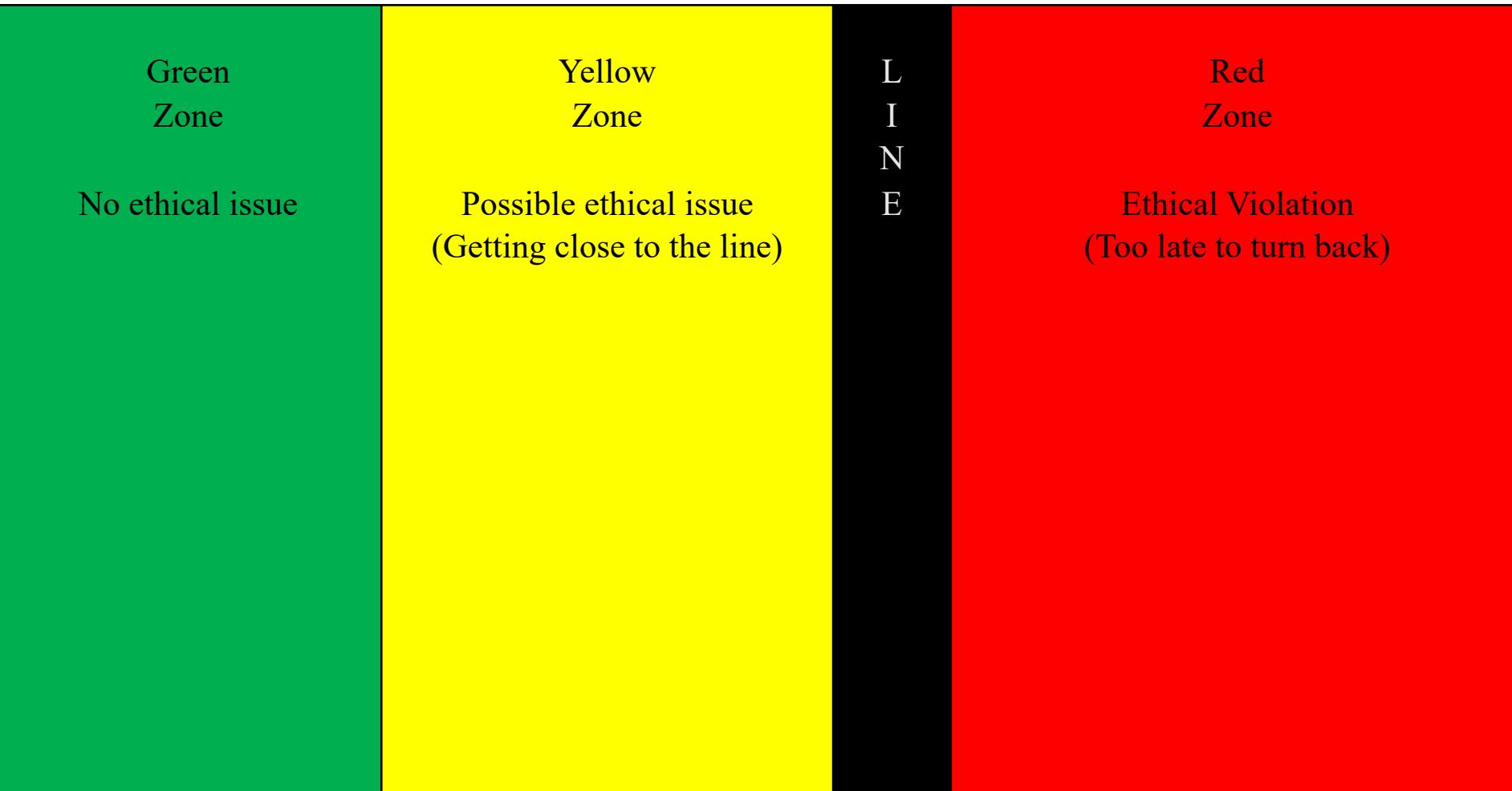
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... **LPC trusts the client and agrees to do this. --- LPC tells client they have some extra Xanax of their own, that they would be willing to lend the client until the doctor refills script. --- *LPC gives client 10 Xanax***

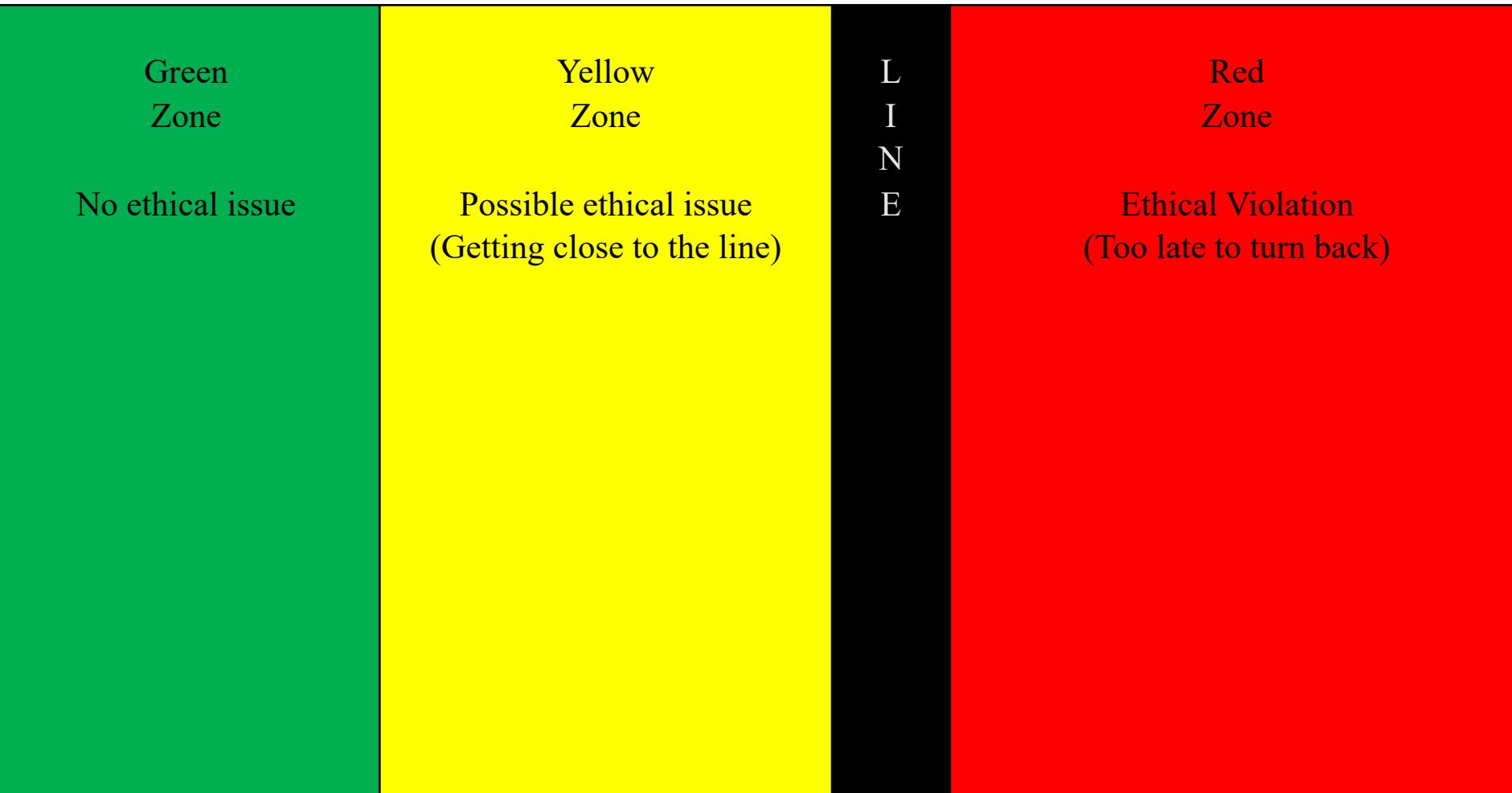


... **LPC trusts the client and agrees to do this. ---**  
**LPC tells client they have some extra Xanax of**  
**their own, that they would be willing to lend the**  
**client until the doctor refills script. --- LPC gives**  
**client 10 xanax. --- *Client later gets script refilled***  
***and offers to pay back LPC. LPC says instead of 10***  
***xanax, repay with 5 oxys.***

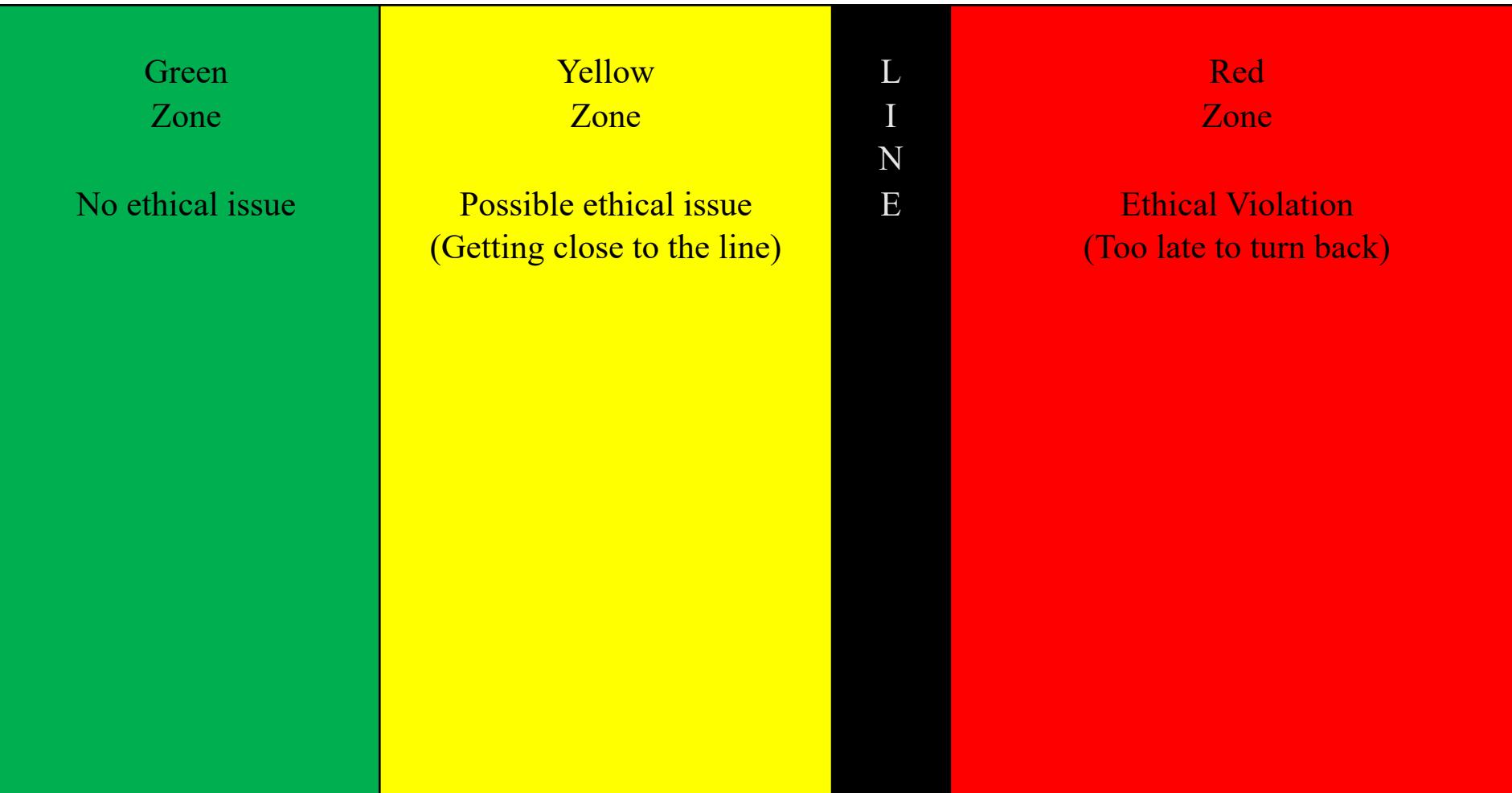


## Case study 3

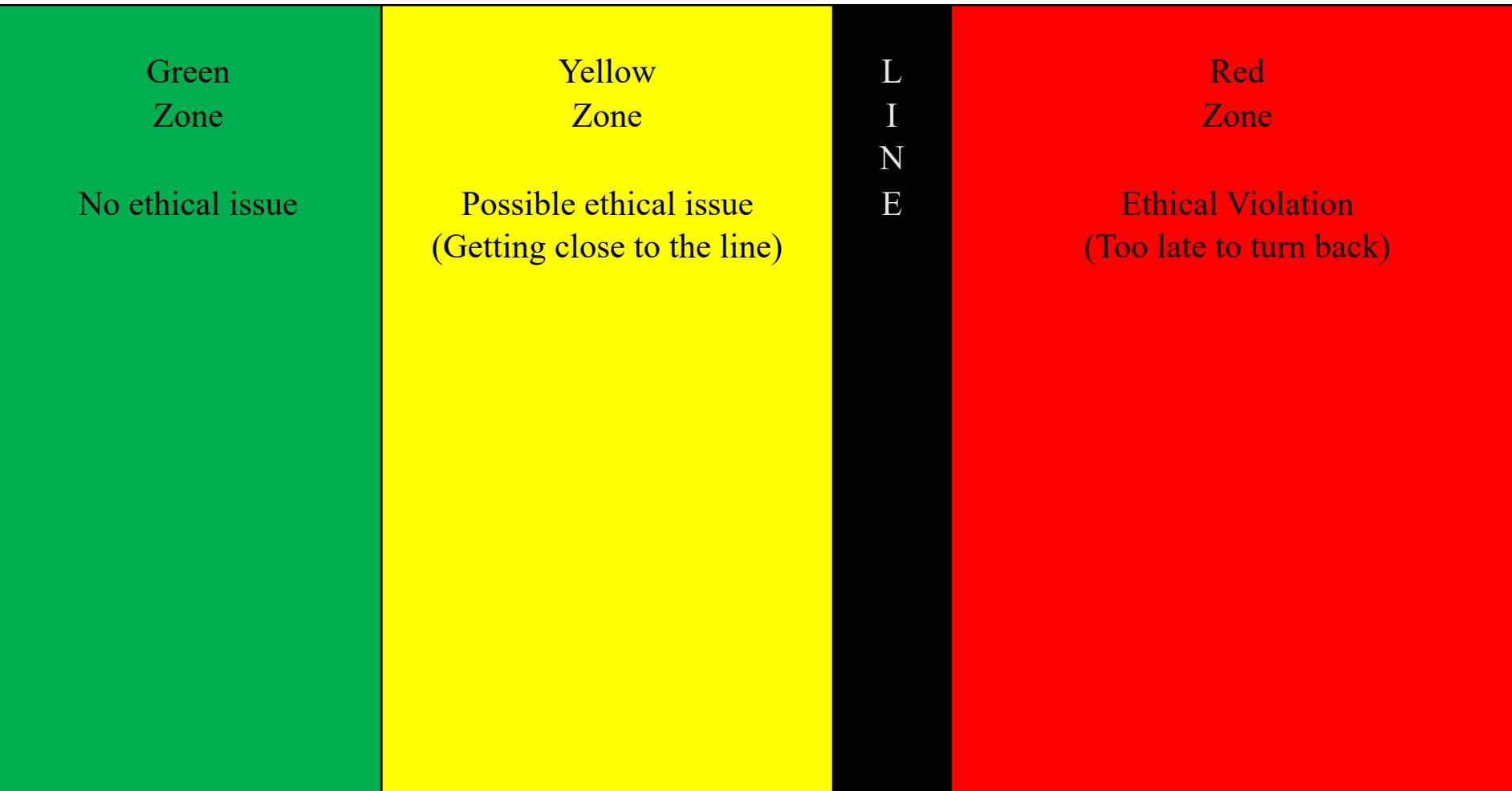
**LPC works at an agency that continually has staff problems, one being high turnover.**



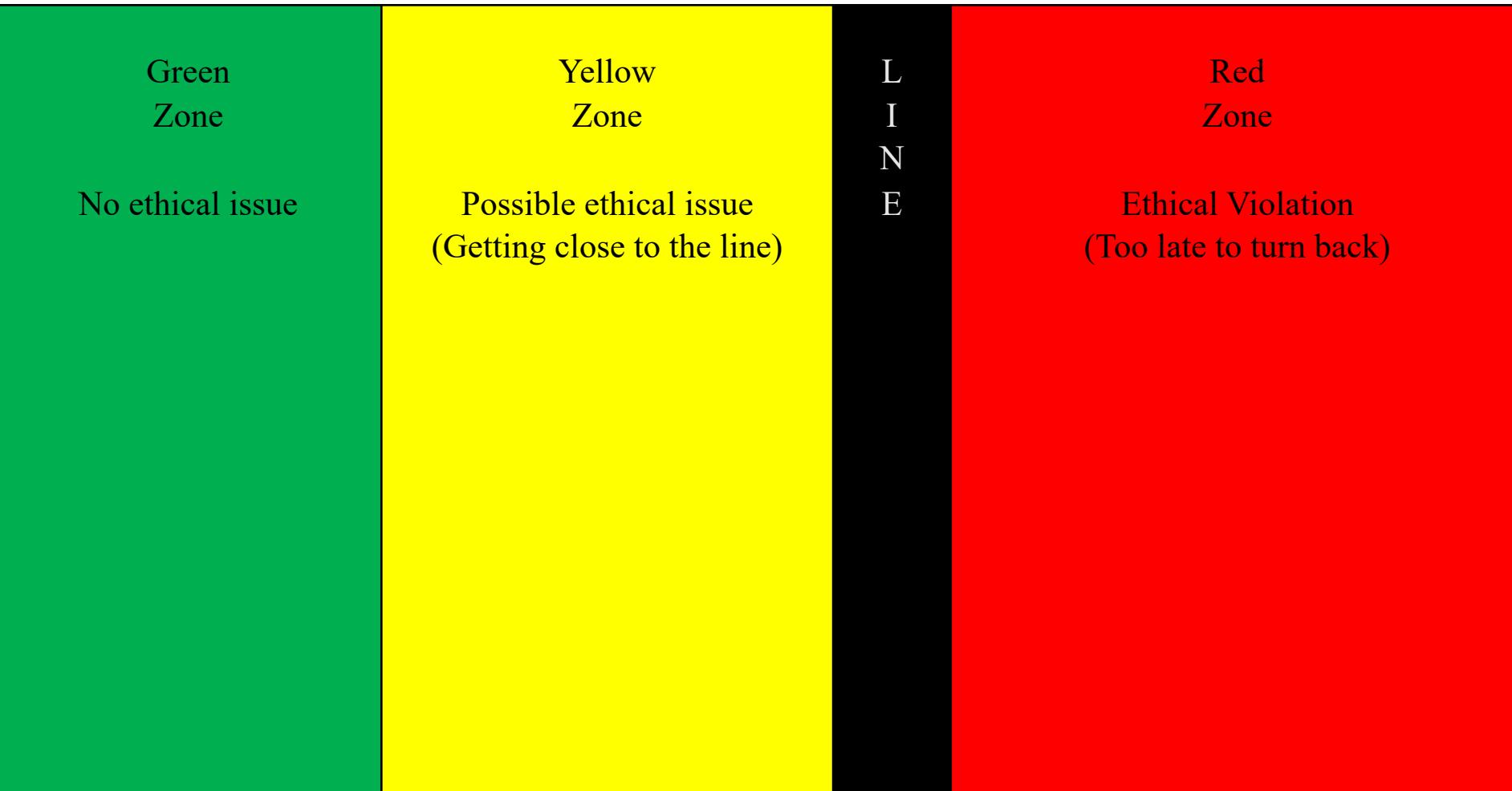
--- **LPC is leading 4, 3 hour group sessions each night, and sees 4 individual clients 4 days a week, and does 5 intakes on the day they are not having group or individual clients.**



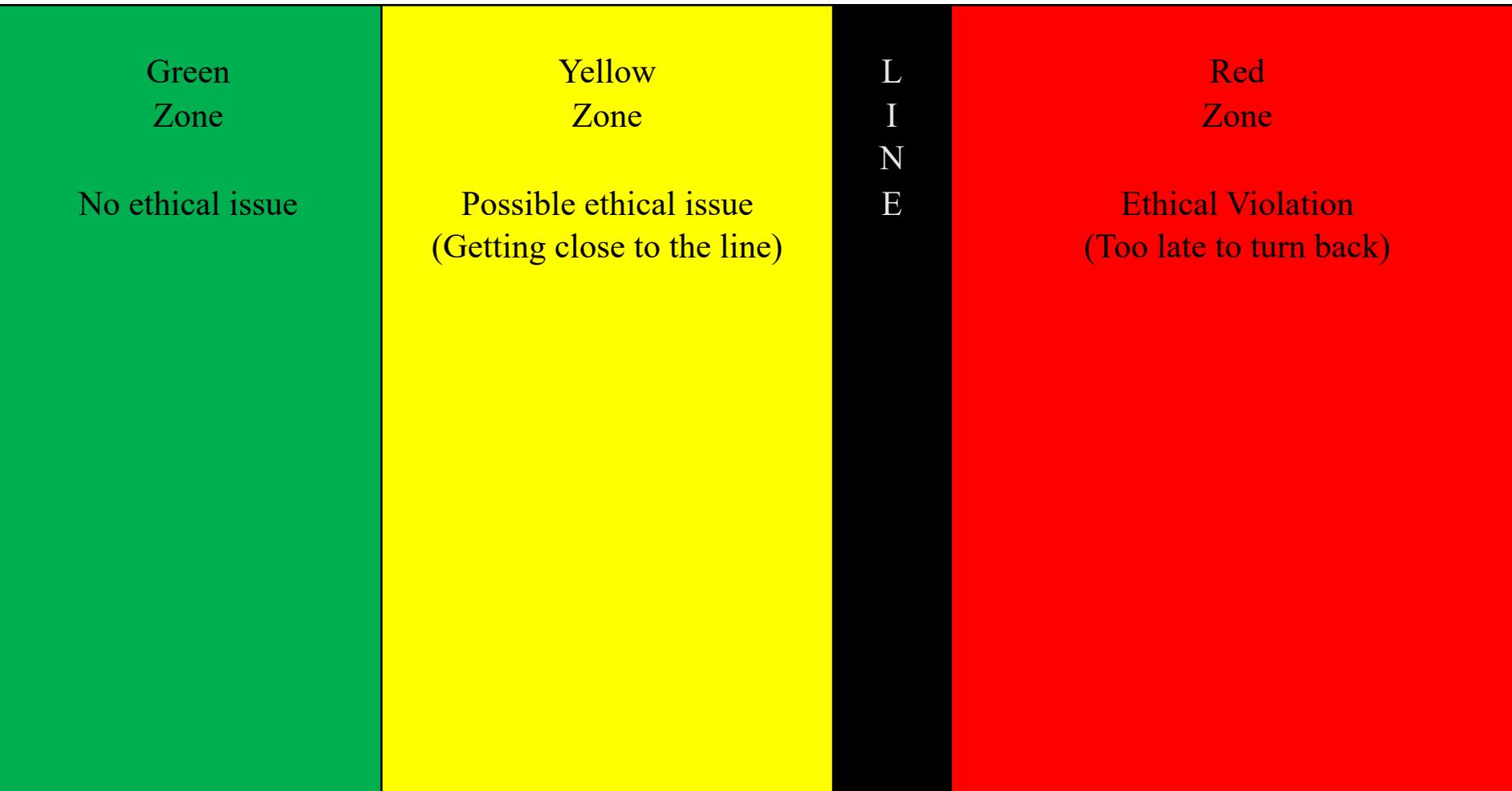
**--- LPC goes to agency director and states they need to lessen work load, because they are not sleeping well. Director says they will try.**



--- **LPC goes to agency director and states they need to lessen work load, because they are not sleeping well. Director says they will try.** --- *LPC decides to get a bottle of wine on the way home to relax and perhaps help them sleep at the end of the work week.*



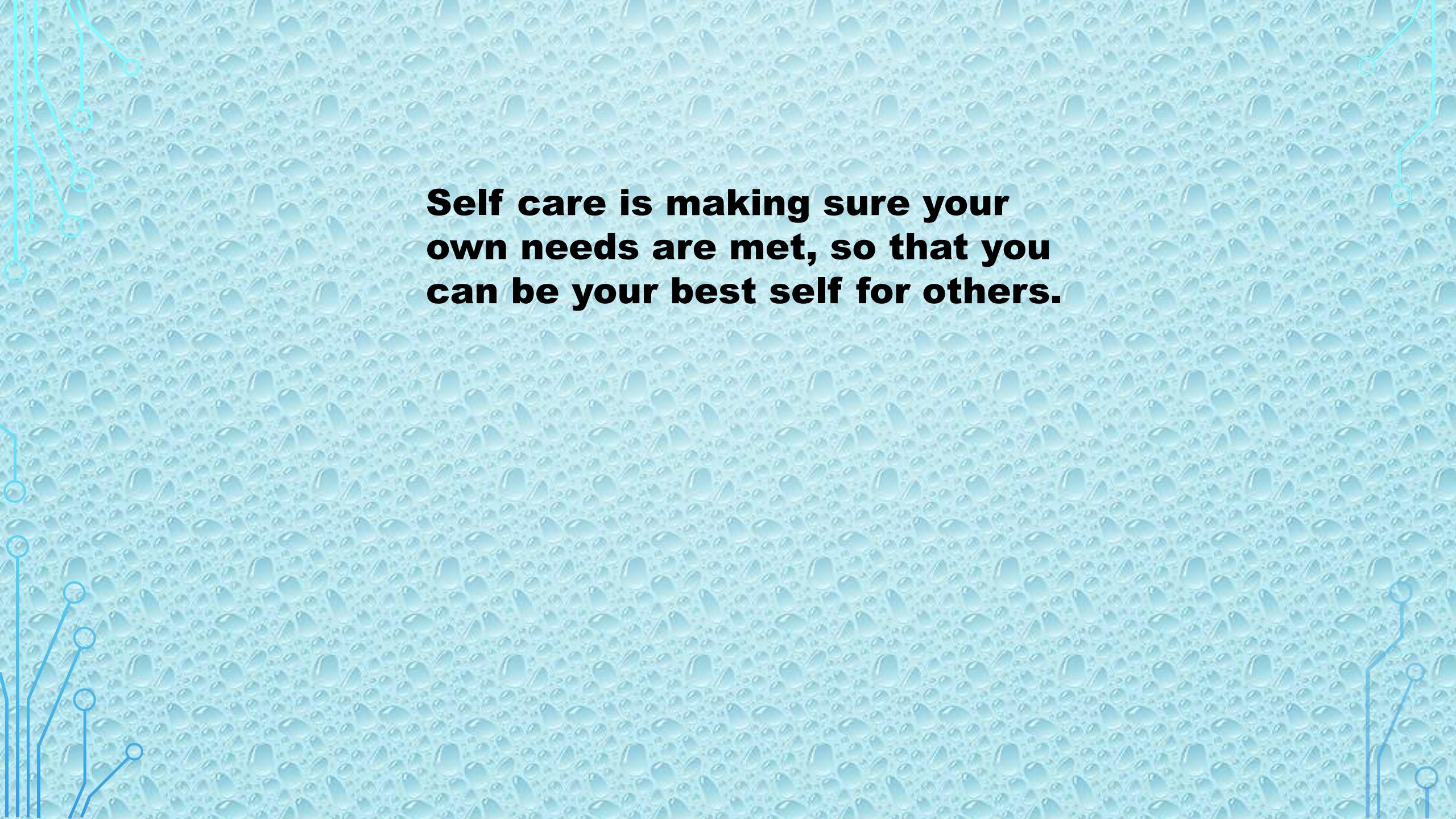
--- **LPC goes to agency director and states they need to lessen work load, because they are not sleeping well. Director says they will try. LPC decides to get a bottle of wine on the way home to relax and perhaps help them sleep at the end of the work week.** --- *After a few weeks of drinking 4-5 drinks 3 times a week, they decide to borrow some THC gummies from a friend thinking that might work better.*



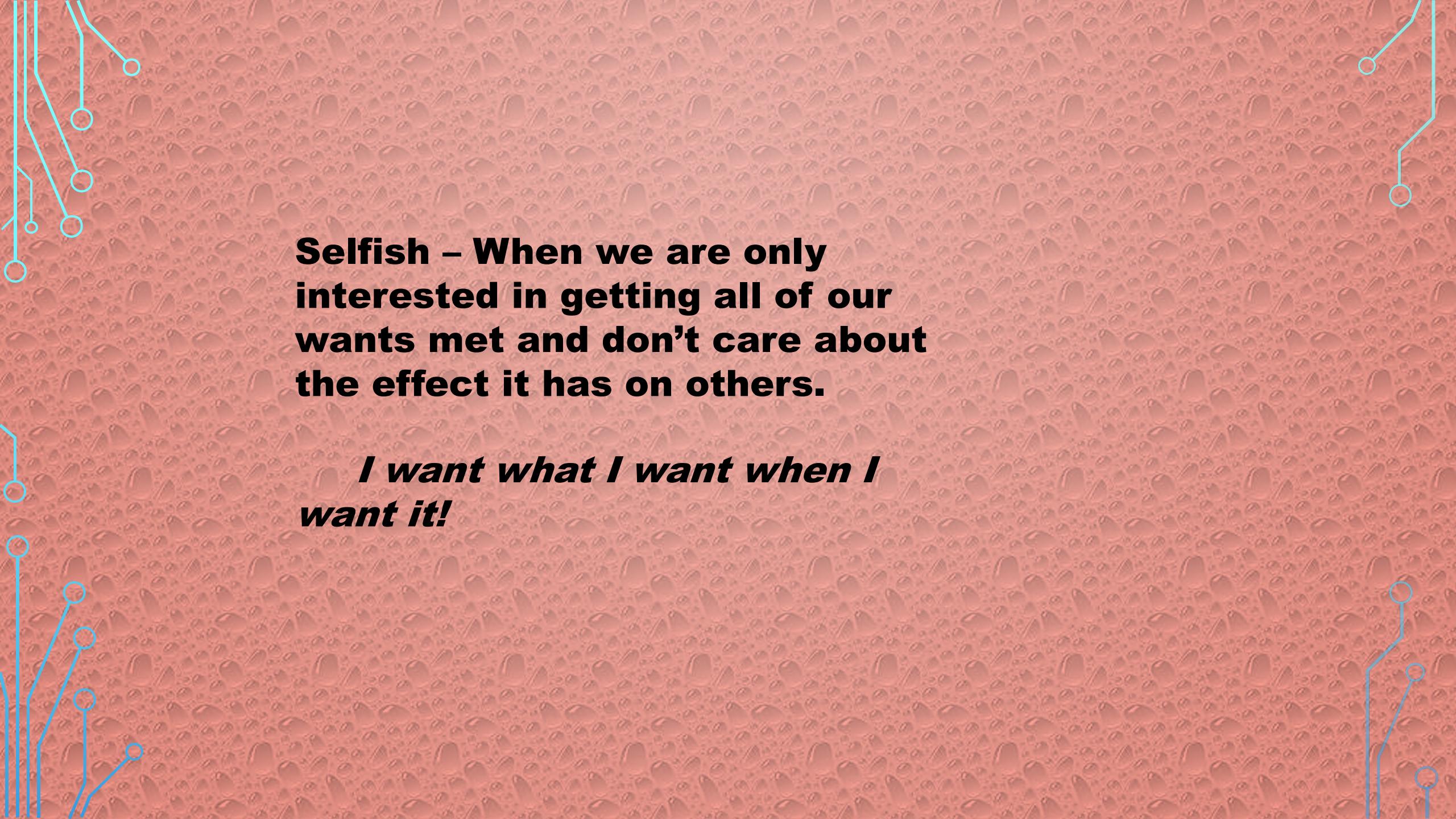


A background pattern of numerous small, semi-transparent blue water droplets of varying sizes, creating a misty or aquatic feel. Superimposed on this pattern are several thin, solid blue lines of different lengths and orientations, some forming small loops or circles.

# **Self Care**

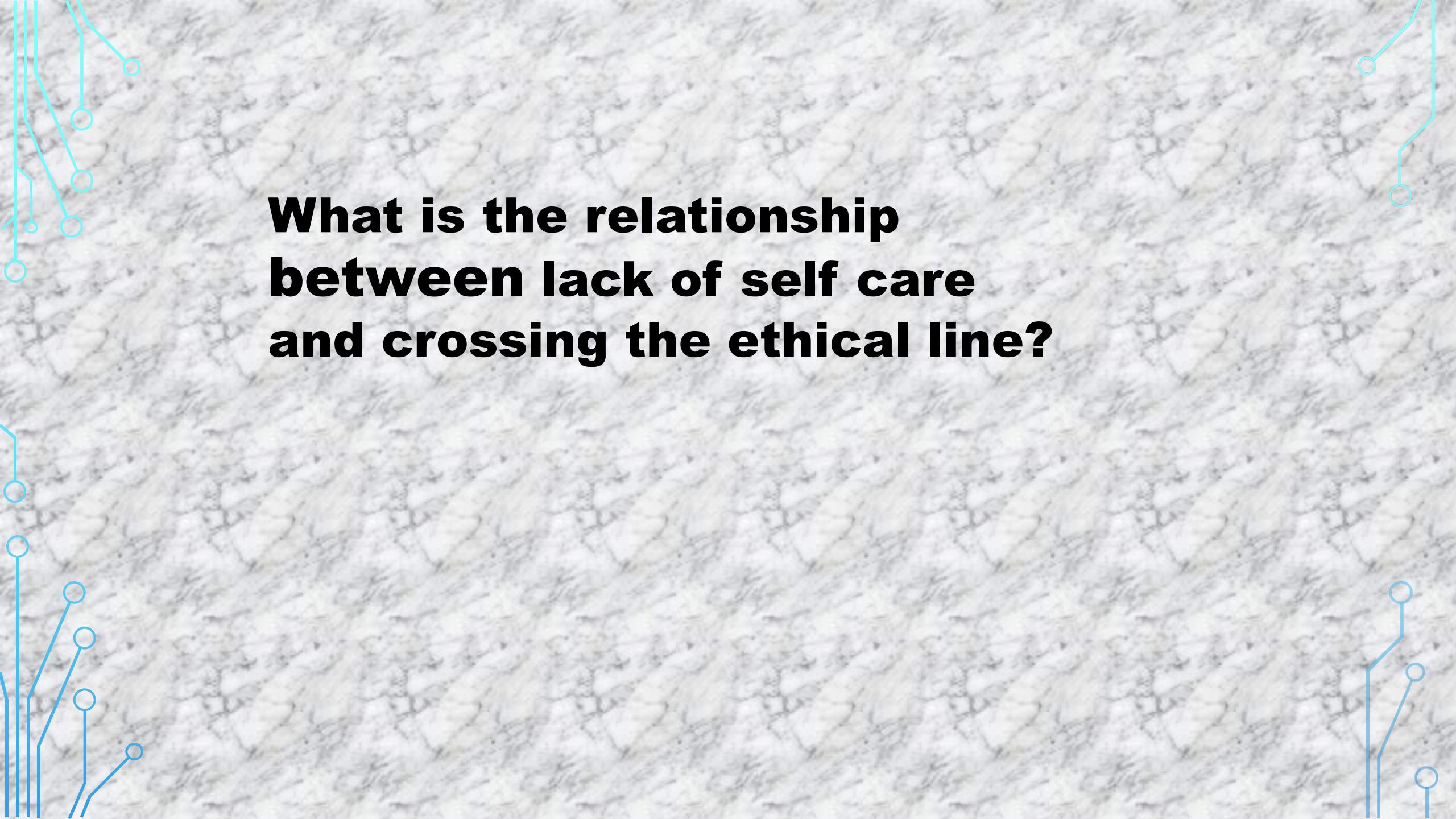


**Self care is making sure your  
own needs are met, so that you  
can be your best self for others.**

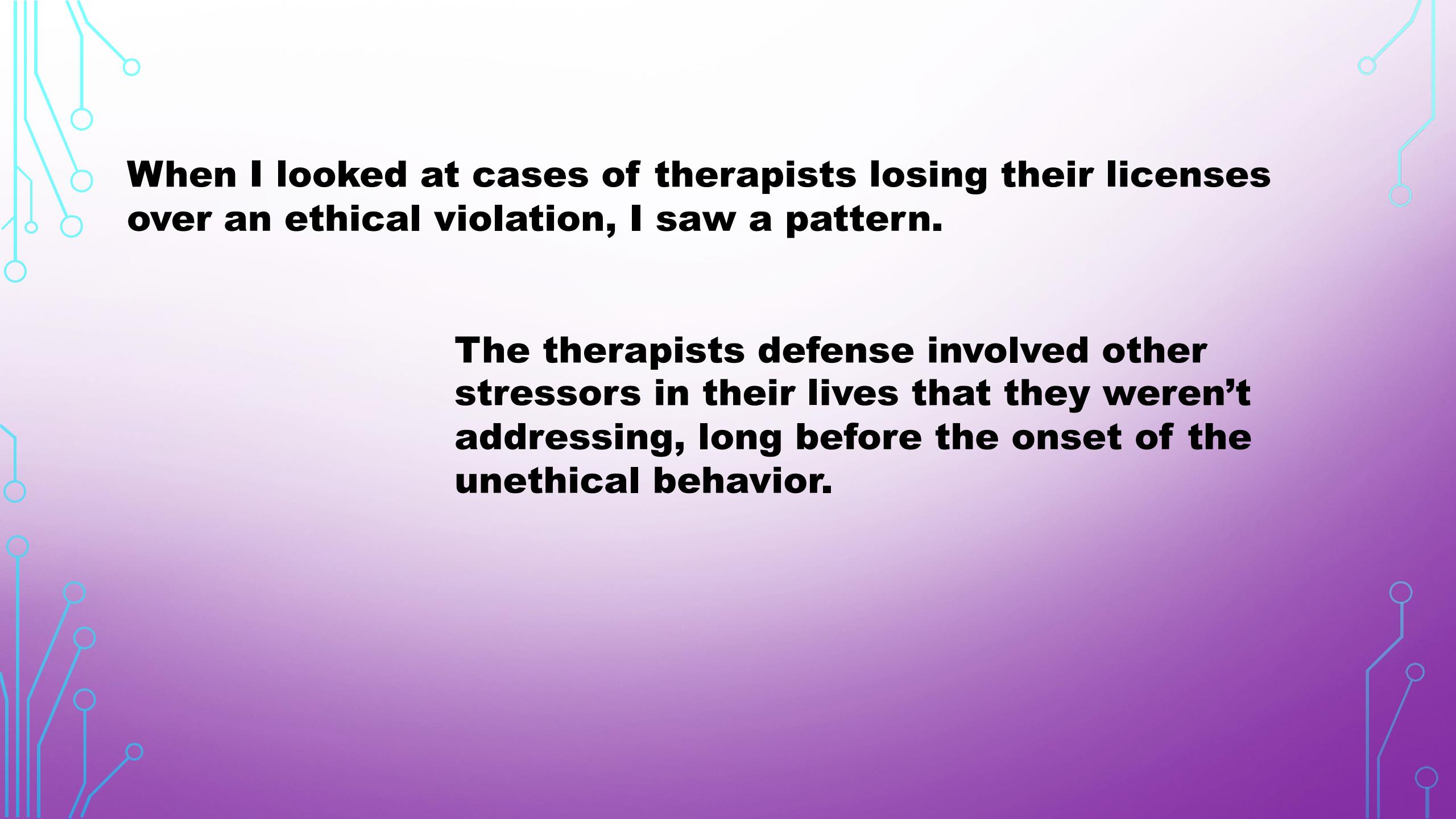


**Selfish – When we are only interested in getting all of our wants met and don't care about the effect it has on others.**

*I want what I want when I want it!*



**What is the relationship  
between lack of self care  
and crossing the ethical line?**

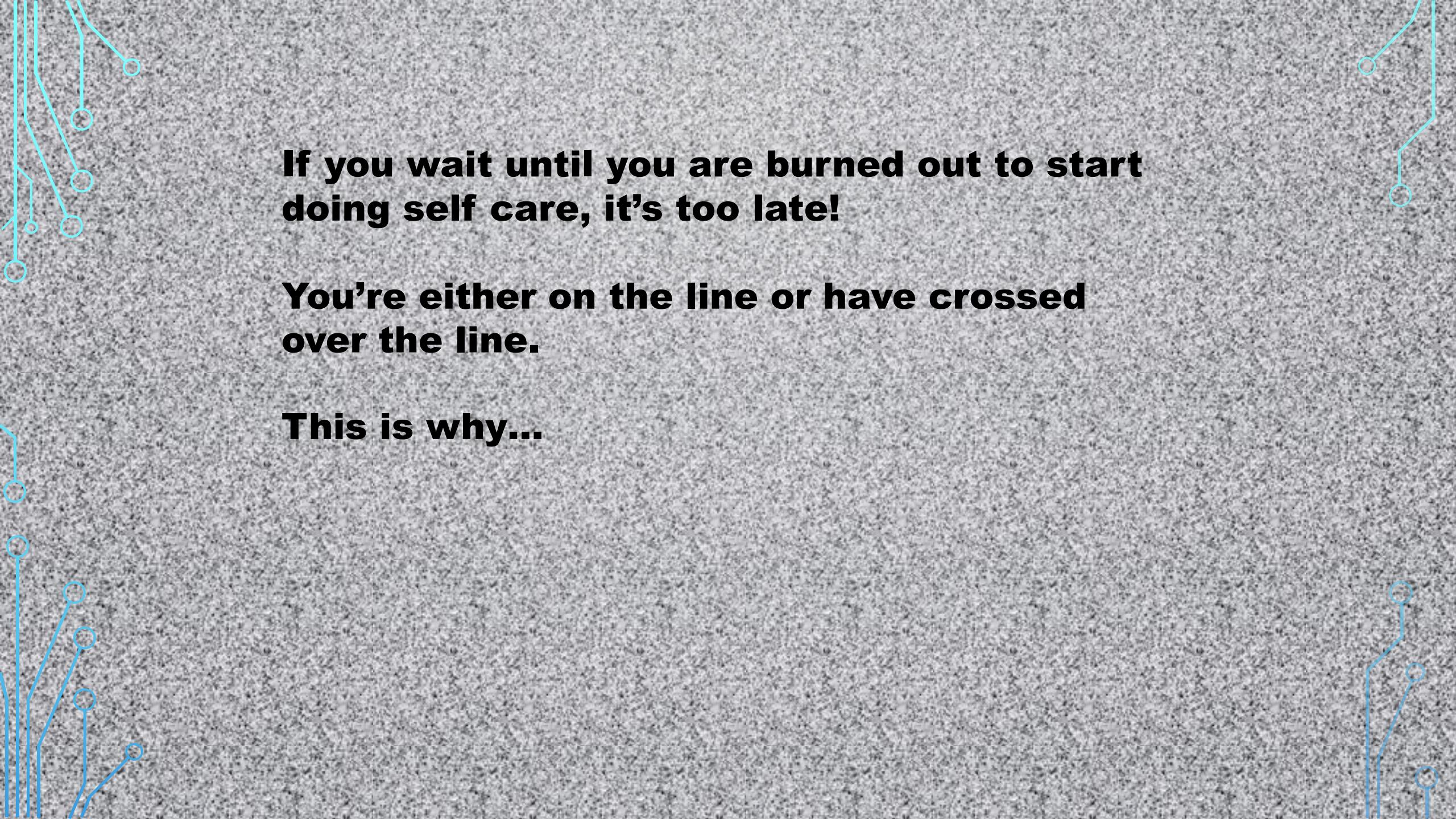


**When I looked at cases of therapists losing their licenses over an ethical violation, I saw a pattern.**

**The therapists defense involved other stressors in their lives that they weren't addressing, long before the onset of the unethical behavior.**

**Unethical**

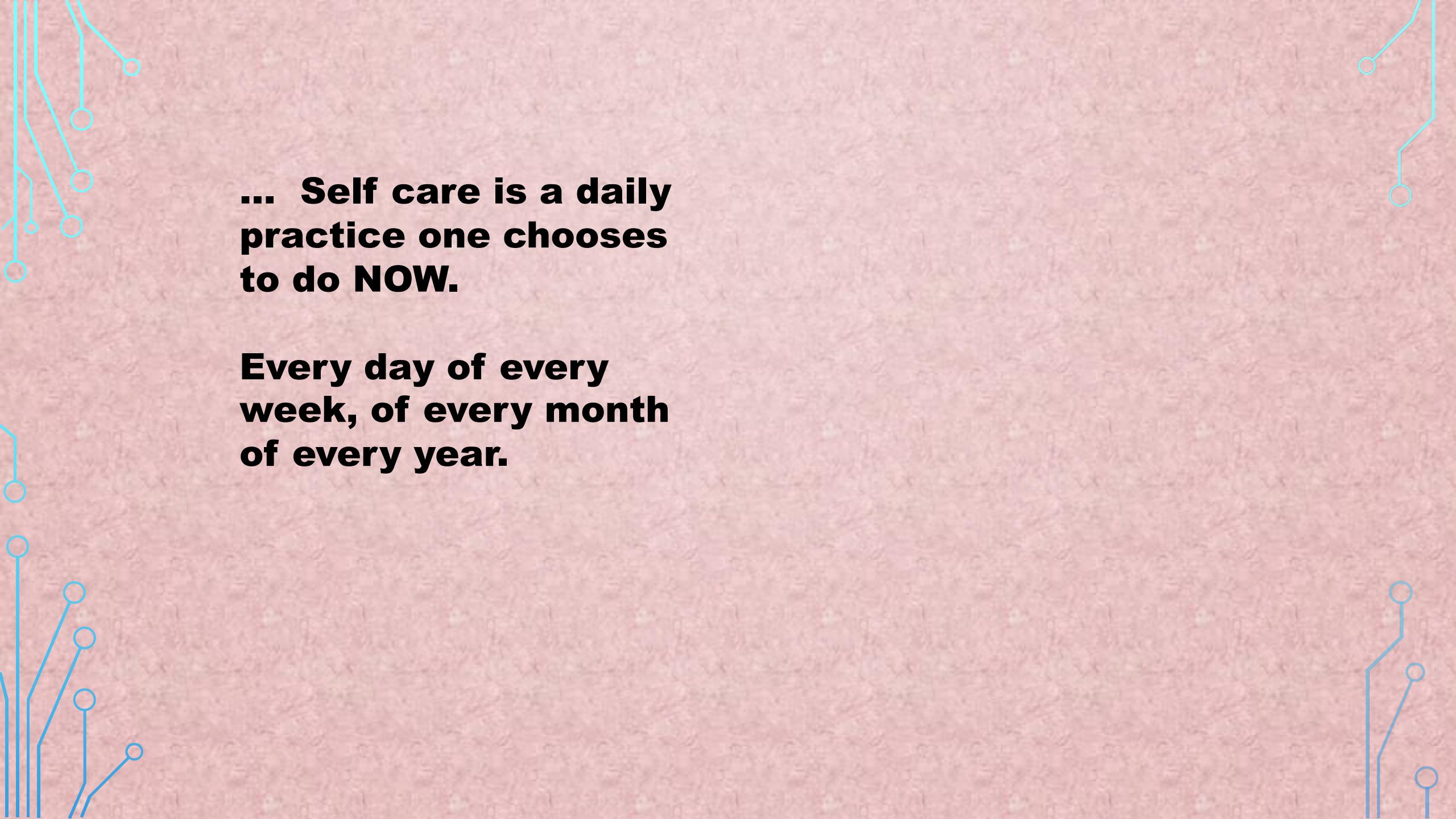
**Ethical**



**If you wait until you are burned out to start doing self care, it's too late!**

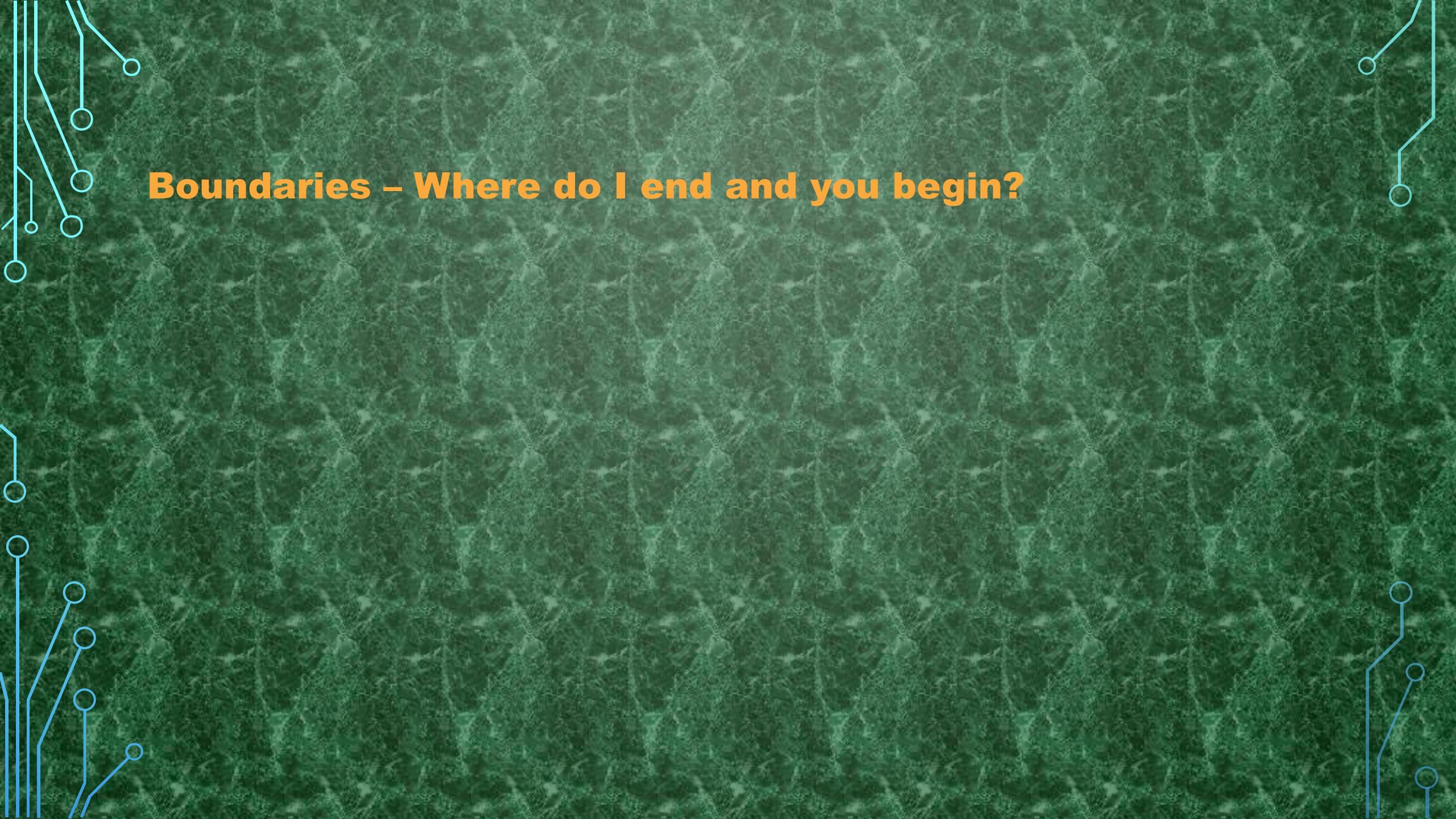
**You're either on the line or have crossed over the line.**

**This is why...**



... **Self care is a daily practice one chooses to do NOW.**

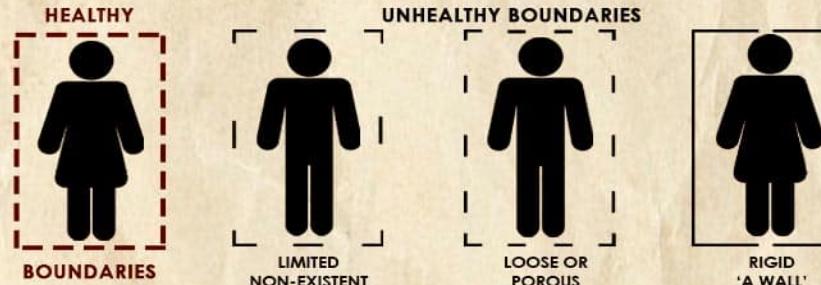
**Every day of every week, of every month of every year.**



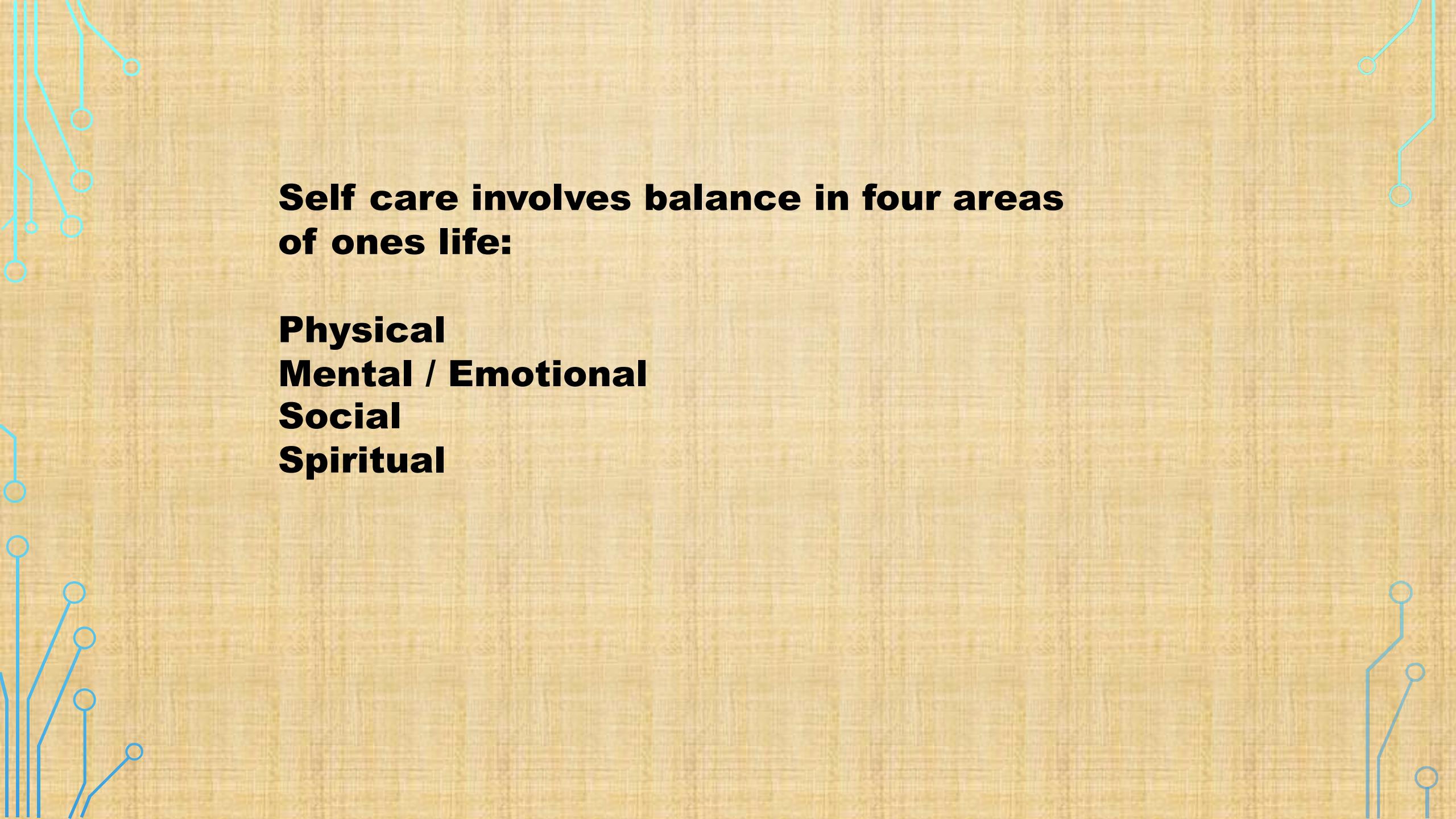
**Boundaries – Where do I end and you begin?**

## Signs Of HEALTHY BOUNDARIES:

01. Saying 'NO' without guilt.
02. Asking for what you want or need.
03. Taking care of yourself.
04. Saying "yes" because you want to, not out of obligations or to please others.
05. Behaving according to your own values & beliefs
06. Feeling safe to express difficult emotions & have disagreements.
07. Feeling supported to pursue your own goals.
08. Being treated as an equal.
09. Taking responsibility for your own happiness.
10. Not feeling responsible for someone else's happiness.
11. Being in tune with your own feelings.
12. Knowing who you are, what you believe, what you like.



**LEARN MORE IN ARTICLE**



**Self care involves balance in four areas of ones life:**

**Physical**  
**Mental / Emotional**  
**Social**  
**Spiritual**

## **Physical self care:**

**Eat nourishing food. (NO junk!)**

**Eat regularly. (Always have protein bars or shakes available)**

**Regular exercise (At least 3 x weekly, 20 min.s per)**

**Adequate *restful* sleep**



**Recovery time when sick**

**Personal hygiene**

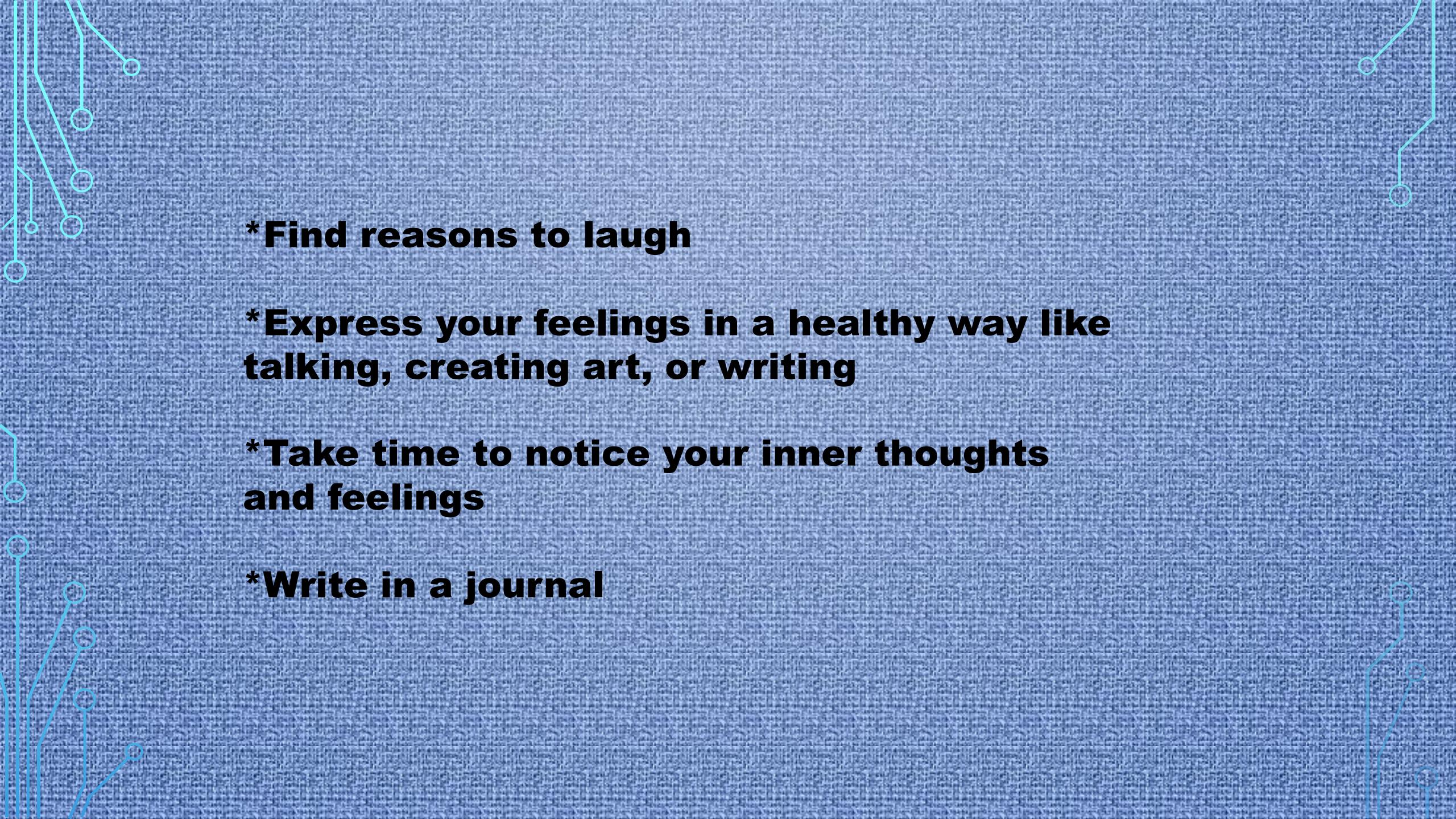
**Yearly medical checkups**

**Follow medical recommendations**



## **Mental self care:**

- \*Reflect on your own strengths and achievements**
- \*Take time off from responsibilities**
- \*Participate in hobbies**
- \*Turn off distractions like text messages and emails**

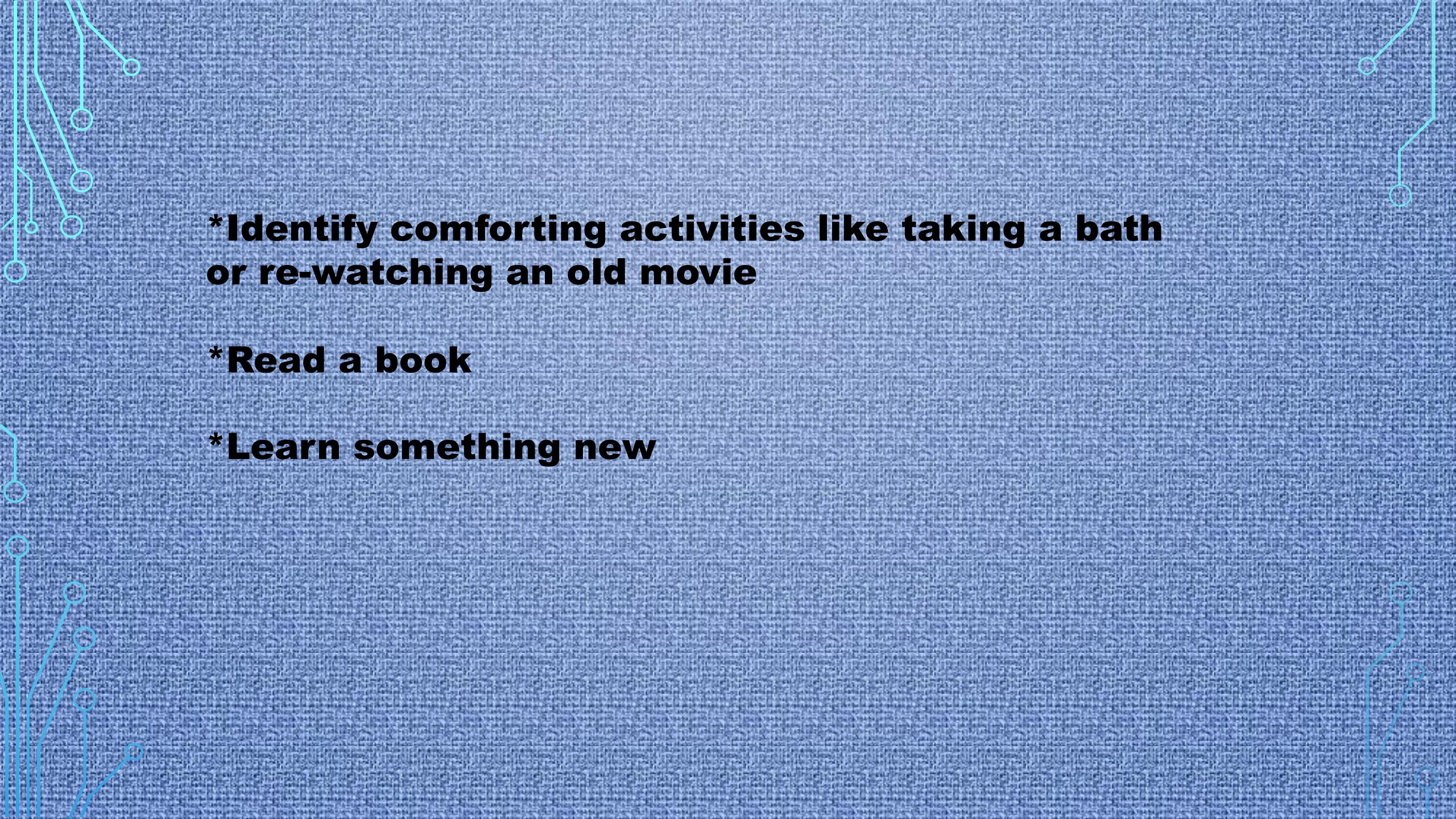


\*Find reasons to laugh

\*Express your feelings in a healthy way like talking, creating art, or writing

\*Take time to notice your inner thoughts and feelings

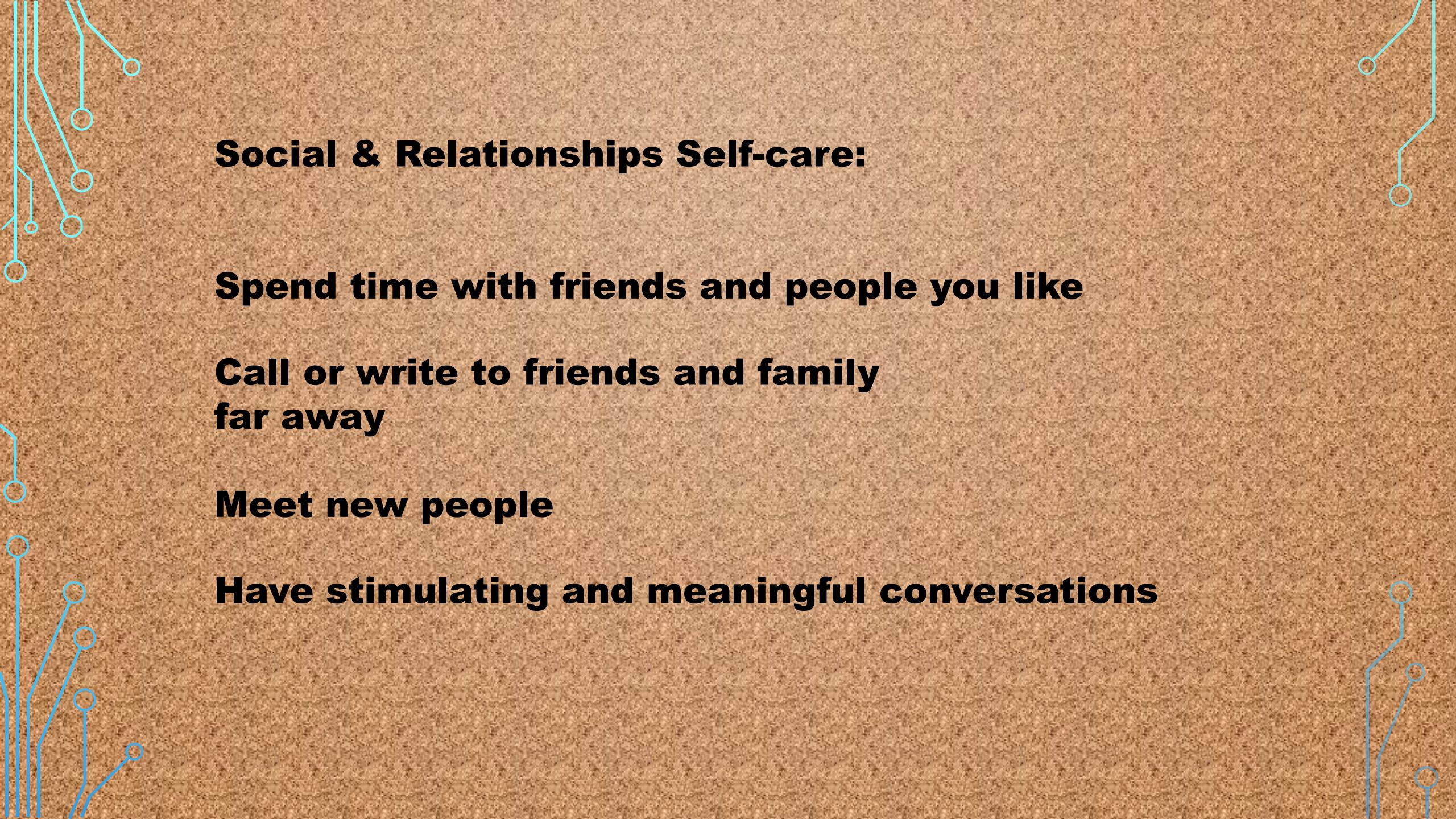
\*Write in a journal



**\*Identify comforting activities like taking a bath or re-watching an old movie**

**\*Read a book**

**\*Learn something new**



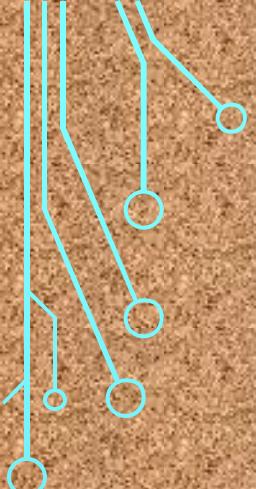
## **Social & Relationships Self-care:**

**Spend time with friends and people you like**

**Call or write to friends and family  
far away**

**Meet new people**

**Have stimulating and meaningful conversations**



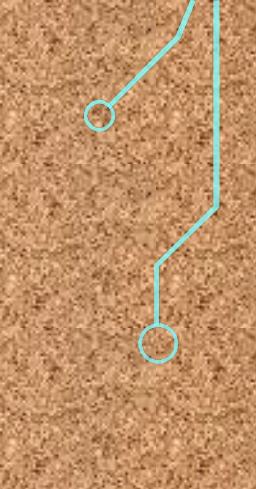
**Spend romantic time with your partner**

**Keep in touch with old friends**

**Ask others for help when needed**

**Do enjoyable activities with  
other people**

**Share a fear, hope, or secret with someone you  
trust**



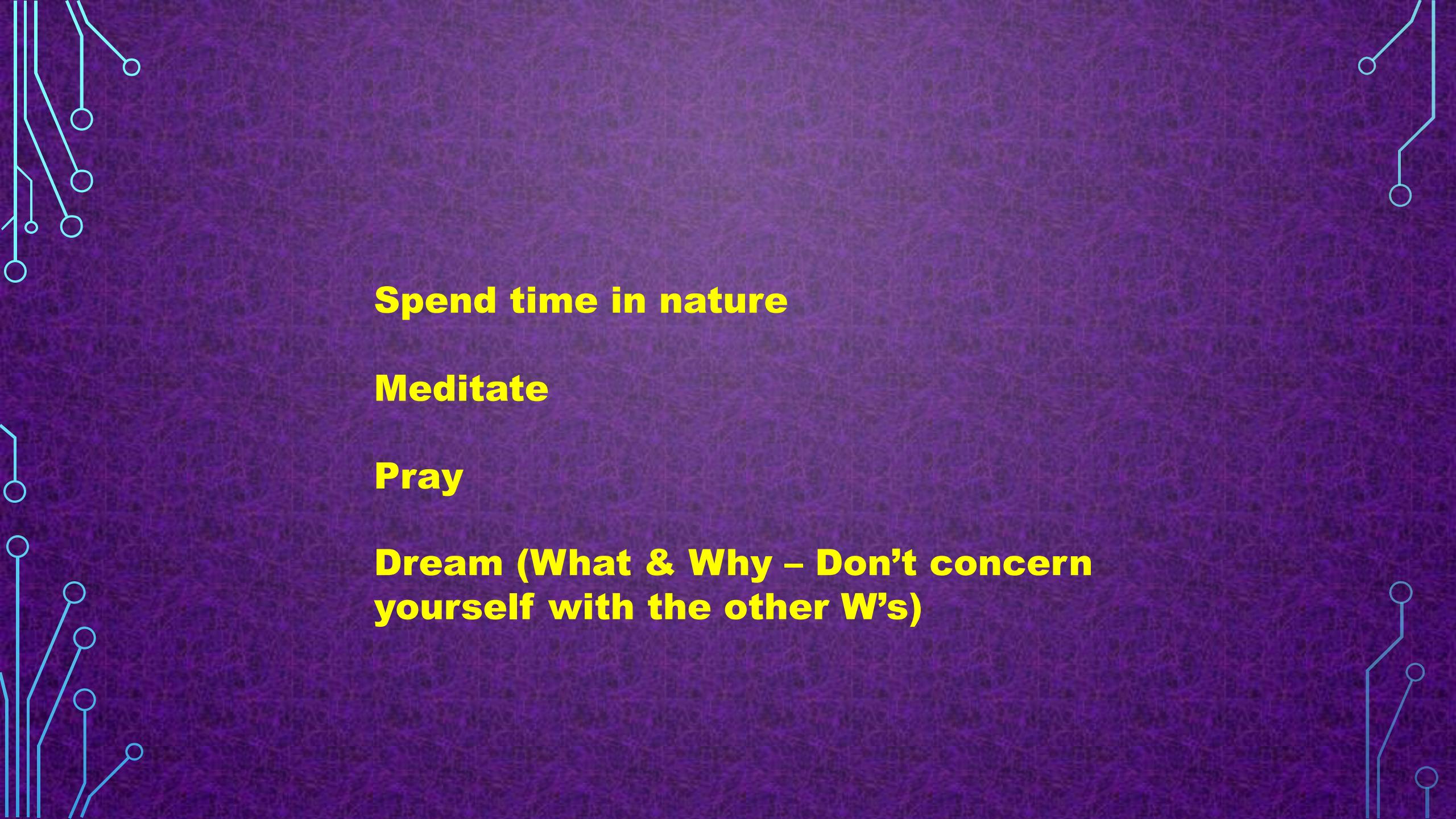
## **Spiritual Self-care:**

**Set aside time for thought and reflection**

**Recognize things that give meaning to your life**

**Live according to your values**

**Participate in a cause that is meaningful to you**



**Spend time in nature**

**Meditate**

**Pray**

**Dream (What & Why – Don't concern  
yourself with the other W's)**

# **Craigs rules to being a great therapist:**

## **Craigs rules to being a great therapist:**

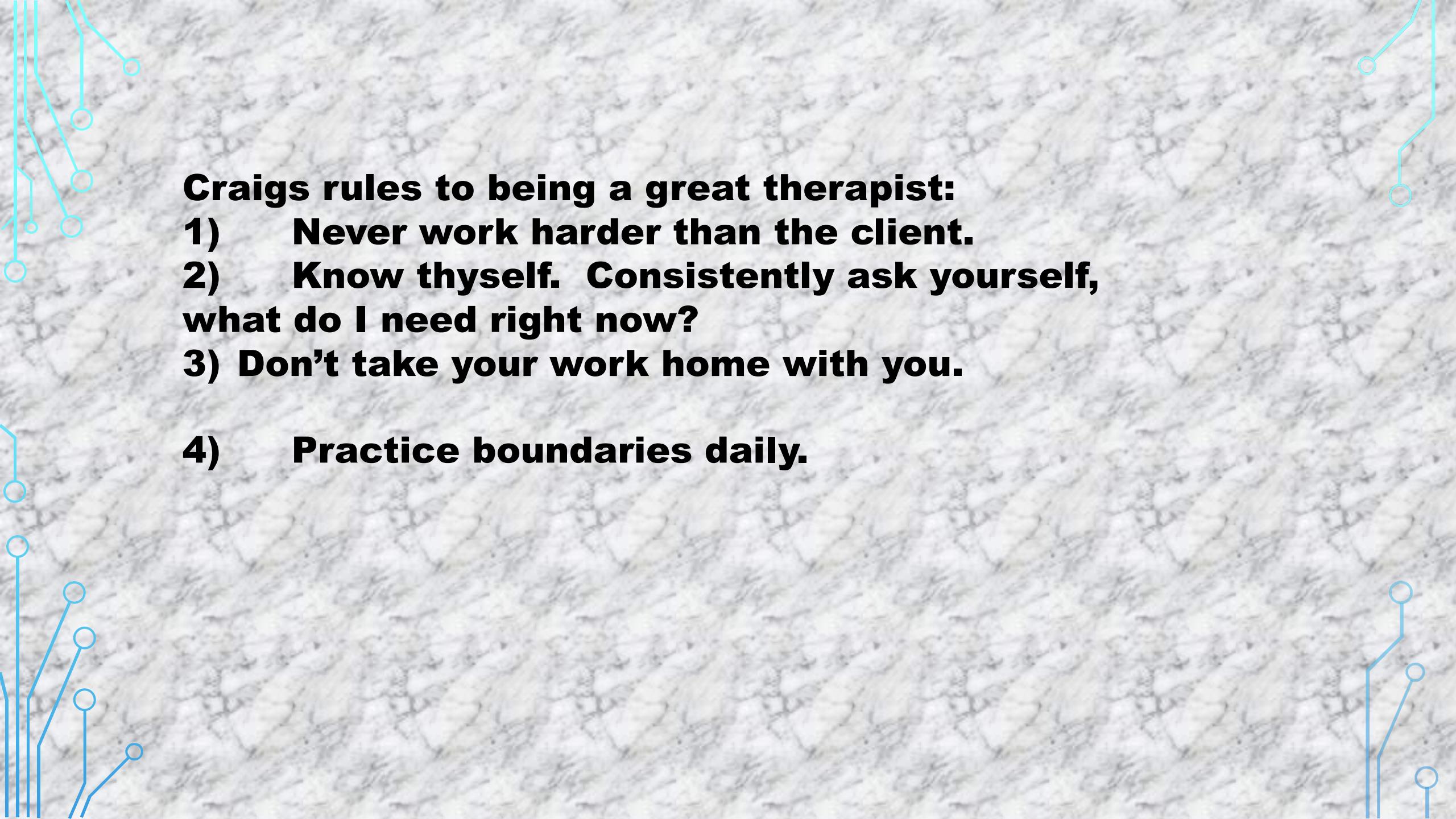
- 1) Never work harder than the client.**

## **Craigs rules to being a great therapist:**

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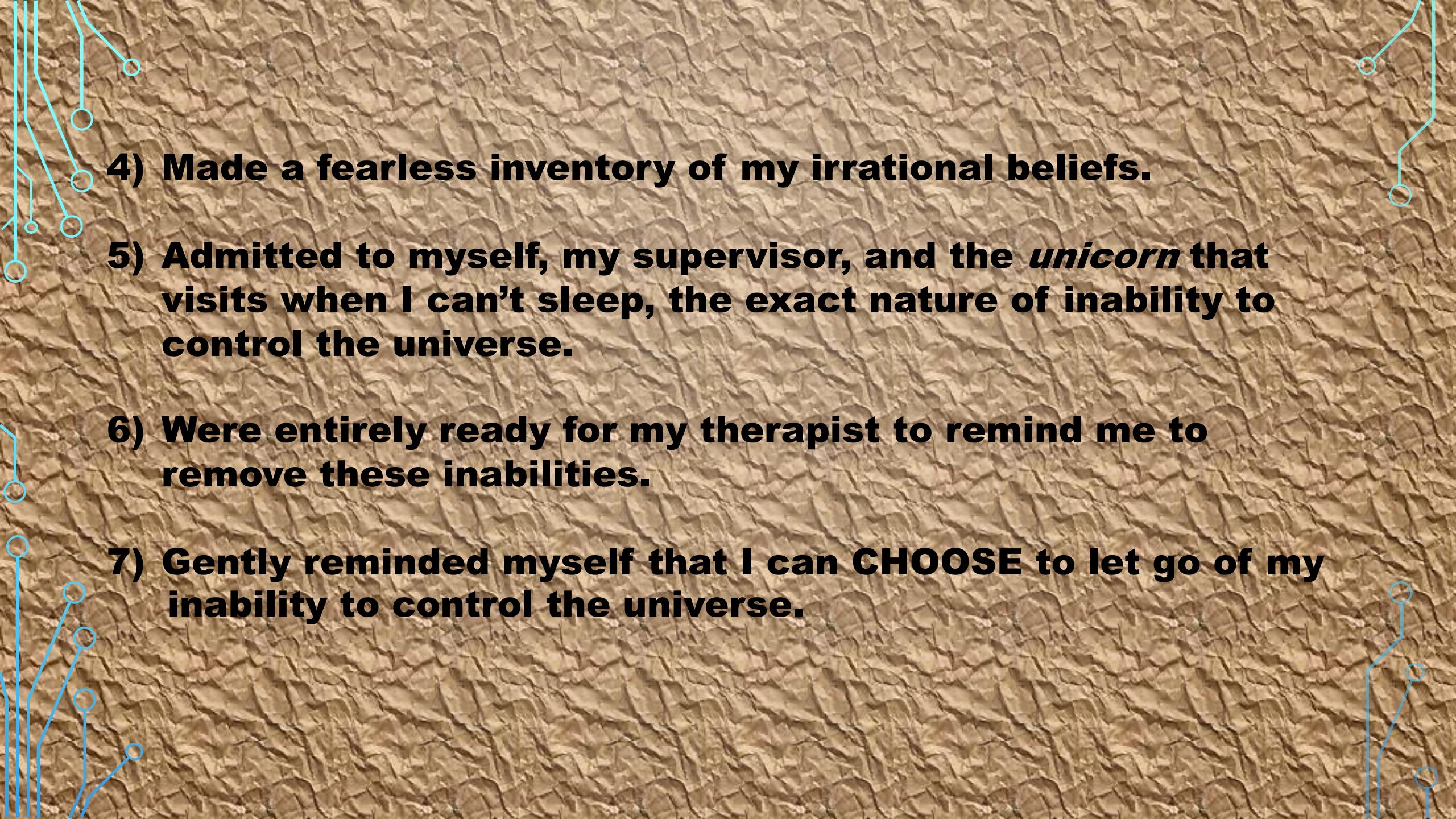
- 1) Never work harder than the client.**
- 2) Know thyself. Consistently ask yourself, 'What do I need right now?'**
- 3) Don't take your work home with you.**
- 4) Practice boundaries daily.**
- 5) Sometimes it's good to state the obvious.**



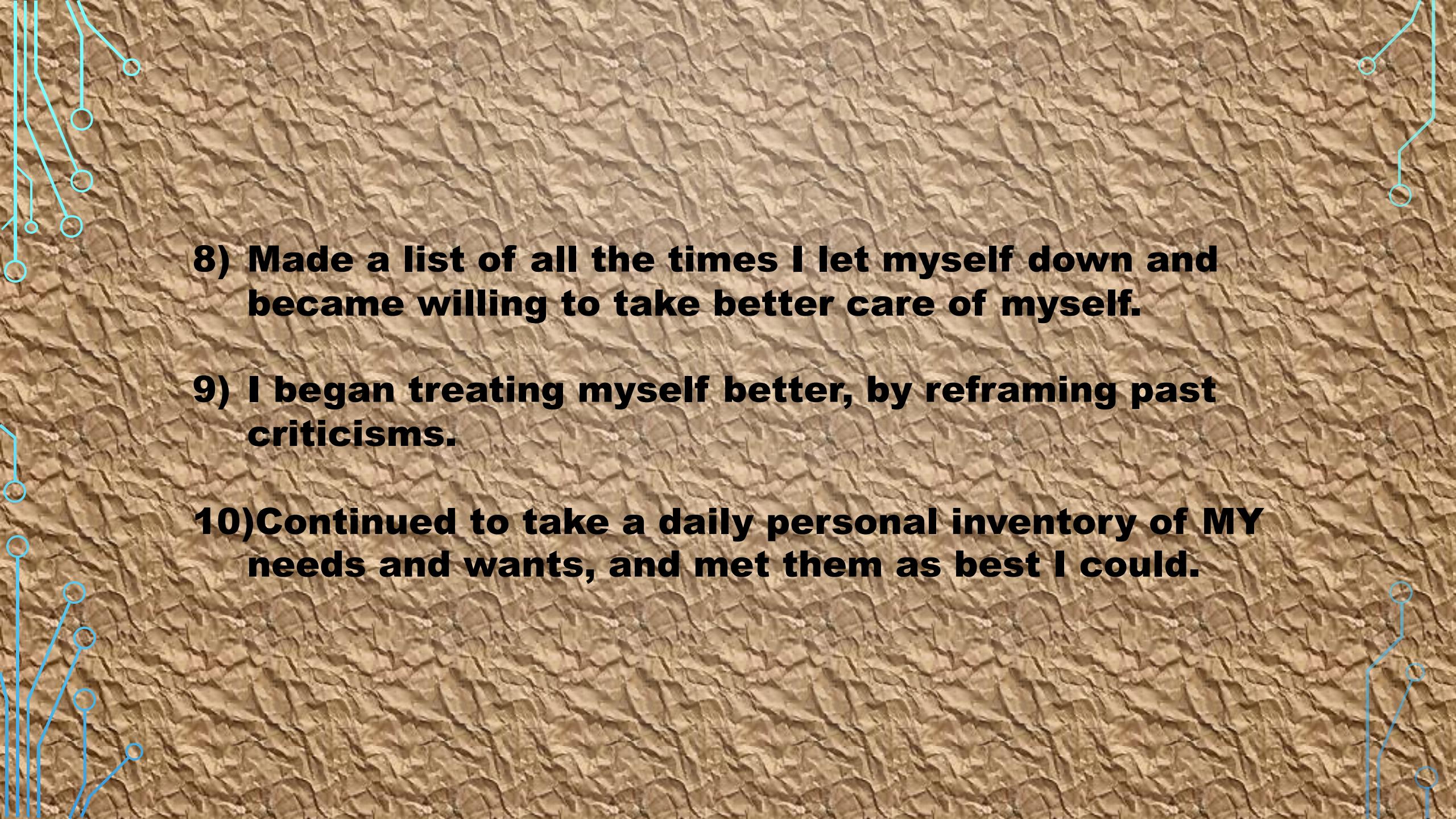
**We all need support and should be  
in a 12 step program.**

## **McAndrew's 12 steps for Therapists:**

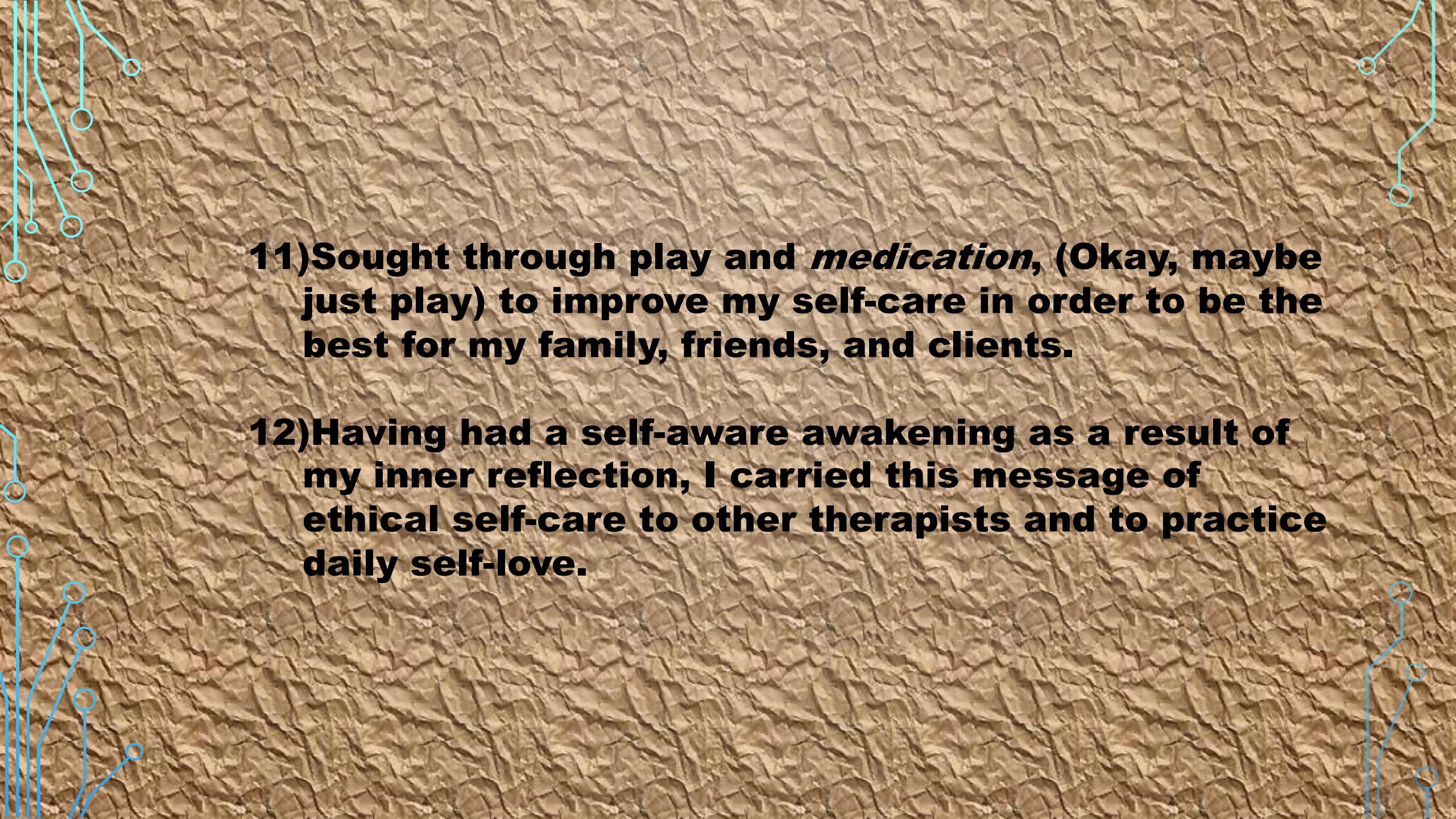
- 1) I realized I was powerless over my client's choices and behaviors.**
- 2) Came to believe that my supervisor or consultant could restore me to sanity.**
- 3) Made a decision to direct my caretaking to myself with the aid of a trusted colleague.**



- 4) **Made a fearless inventory of my irrational beliefs.**
- 5) **Admitted to myself, my supervisor, and the *unicorn* that visits when I can't sleep, the exact nature of inability to control the universe.**
- 6) **Were entirely ready for my therapist to remind me to remove these inabilities.**
- 7) **Gently reminded myself that I can **CHOOSE** to let go of my inability to control the universe.**

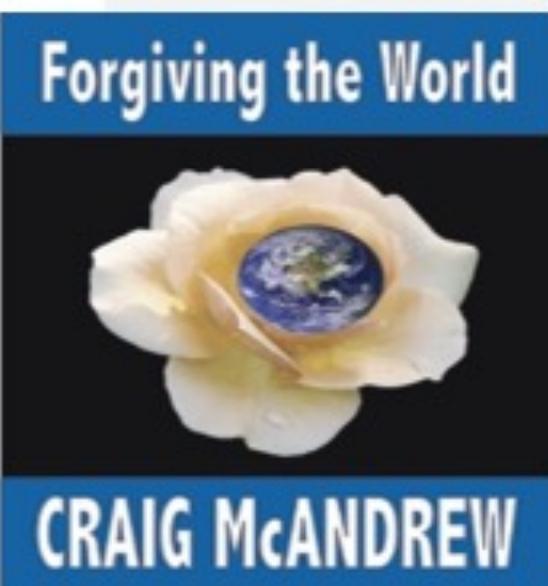
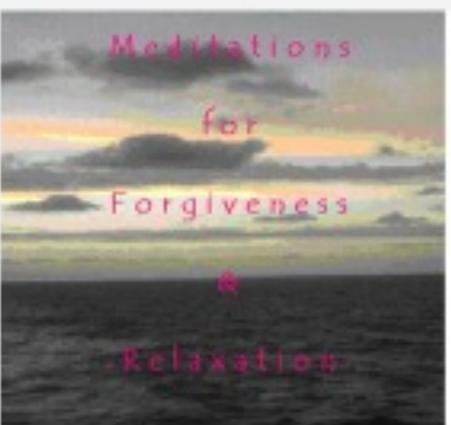
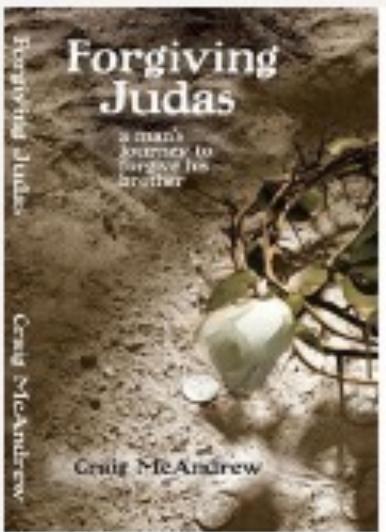


- 8) Made a list of all the times I let myself down and became willing to take better care of myself.**
- 9) I began treating myself better, by reframing past criticisms.**
- 10)Continued to take a daily personal inventory of MY needs and wants, and met them as best I could.**



**11)Sought through play and *medication*, (Okay, maybe just play) to improve my self-care in order to be the best for my family, friends, and clients.**

**12)Having had a self-aware awakening as a result of my inner reflection, I carried this message of ethical self-care to other therapists and to practice daily self-love.**



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