



CODE OF PRACTICE

We adhere to UKCP's Code of Practice, which has informed this document.

Introduction

1.1 Nafsiyat trains its members to have professional competence in practising Individual Psychoanalytic Psychotherapy. Nafsiyat expects its members, staff, trainees and volunteers to practice and deliver individual intercultural Psychodynamic Psychotherapy and Counselling. Therapists and counsellors may be asked to work with families and groups if they have relevant experience and appropriate supervision.

1.2 All of our psychotherapists commit to adhering to the UKCP policies on standards of education, training, and practise. A breach of the Code of Practice may lead to disciplinary procedures against the responsible individual.

Professional competence

2.1 Membership of Nafsiyat usually affirms competence for independent practice. Members, volunteers, and trainees of the organisation will need to maintain their competence and ability to be permitted to practise over time by attending to their personal and professional development.

2.2 Trainees will be expected to be in personal therapy for the duration of their course and will be expected to attend supervision for their clients. They may, at times, be required by the Clinical Lead to attend extra supervision.

2.3 Members, volunteers or trainees shall not work professionally when under the influence of alcohol or drugs or when incapacitated by infirmity or illness. Should such impairment of skills or judgement occur, it will lead to a failure of duty. Responsibility and duty to the client and the public should override one's duty to colleagues.

2.4 Members, staff, volunteers, and trainees should not work professionally during any period of a suspension from Nafsiyat arising from any criminal conviction which is relevant, or later deemed relevant, to the practise of psychotherapy or counselling upon any successful complaint under the disciplinary process of Nafsiyat. UKCP will consider and assess the potential risk posed to clients or for public confidence in the register and may reject their application for membership or removal from its register on such grounds.

Responsibilities to colleagues

3.1 Clients of Nafsiyat should not be accepted if they are known to be in therapy with another psychotherapist or counsellor.

3.2 A member, staff, volunteer or trainee shall not speak unfairly, professionally or personally, about another colleague to a client or a potential client of that colleague.

Responsibilities to clients

4.1 A member, staff, volunteer, or trainee must not exclude a client from therapy solely on the basis of the client's race, religion, sexual orientation, gender identity, nation of origin or physical disability.

4.2 Members, volunteers and trainees must be covered by insurance or indemnity arrangements against possible claims for damages for alleged negligence, malpractice or accidental injury.

4.3 Once a client has decided to start therapy or counselling it is essential to make a clear agreement about issues that affect the mutual commitment between therapist/counsellor and client. The agreement needs to include dates and times of meetings, holiday arrangements, required notification of absence or the intention to terminate therapy/counselling.

In the case of the necessity for psychiatric and/or medical cover or referral to other therapists or organisations, this necessity will be openly discussed with the client.

4.4 Client confidentiality must be respected at all times. Information acquired by a member or trainee in the course of assessment and therapy must remain confidential within the members' or trainees' professional understanding of the best interests of the client.

Exceptional circumstances under which confidentiality may be broken are:

- Where someone's life may be seriously under threat
- In the case of ongoing sexual abuse towards a child
- In the case of ongoing physical and/or psychological abuse towards a child
- In a case of domestic violence where an adult or child is at risk
- If the courts and police, make a strong case for information on a client

Careful considerations around adhering to confidentiality:

- At referral/assessment, the permission of the client must be obtained before pertinent information may be passed on to the new therapist or counsellor.
- During supervision and teaching, therapists need to take care so that they avoid any information which may lead to the identification of the client.

- Any written report which involves the disclosure of the client's identity must be fully discussed with the client, and the information can only be forwarded with the client's signed consent.
- Where the wider publication of a full case study is intended, the client's permission must be obtained in writing.
- Where a medical aspect of a client's condition may be involved, the therapist/counsellor can seek medical consultation and/or encourage the client to do so themselves.
- In the circumstances where the therapist/counsellor has grounds to believe that the client may cause or is causing serious harm to themselves or to others, there may be an exception to confidentiality.

4.5 All material held on computers regarding clients must be kept secure. Computerised information must conform to the requirements of the Data Protection Act 2018 and any subsequent revisions.

4.6 Publicity material will be limited to factual information regarding training qualifications and services offered. Demeaning and/or comparative statements about other therapists/counsellors or training is not acceptable.

4.7 Members, staff, volunteers, and trainees of Nafsiyat are responsible for ensuring that arrangements are in place to safeguard the clients' therapeutic needs during their absences, e.g., holidays, or in the event of illness or death.

Document revision history

Reviewed and updated by: Adam Weatherhead
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