

Values of counselling and psychotherapy

The fundamental values of counselling and psychotherapy include a commitment to:

- Respecting human rights and dignity - Ensuring the integrity of practitioner-client relationships - Enhancing the quality of professional knowledge and its application - Alleviating personal distress and suffering - Fostering a sense of self that is meaningful to the person(s) concerned - Increasing personal effectiveness - Enhancing the quality of relationships between people - Appreciating the variety of human experience and culture - Striving for the fair and adequate provision of counselling and psychotherapy services

Values inform principles. They represent an important way of expressing a general ethical commitment that becomes more precisely defined and action-orientated when expressed as a principle.