

# Risks in therapy

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# Risks?

## What risks?!

# Risks to:

- The client
- Other people
- The counsellor
- The therapy
- The profession

## Support for the therapist

# Risks to the client

- Self-harm
- Disclosure of information
- Feeling worse
- Disappointment
- Change!
- Reliability

# Risks to others

- Harm from the client
- Harm from other people
- Relationships affected

# Risks to the counsellor

- Harm from the client
- Harm from others
- Complaint
- Claim
- Summons
- Burnout

# Risks to the therapy

- Counsellor issues / c'transference
- Blurred boundaries
- Edge of awareness
- Inappropriate referral
- Disclosure / loss of trust

# Risks to the profession

- Misconduct
- Malpractice
- Disrepute



# Useful questions to ask:

- Who is at risk?
- Whose responsibility?
- Which ethical principles?

*Scenario: Client expressing suicidal ideation; unhappy relationship; you've been approached by the police to give your opinion on whether the client is sufficiently safe and mentally stable to have his gun licence renewed.*

- Who is at risk?
- Which ethical principles are at stake?

**Being trustworthy / Client autonomy /  
Beneficence / Non-maleficence / Justice /  
Self-respect**

# Support in managing risks

- Supervisors
- Legal advice / insurance co.
- BACP Ethical Framework

# Ethical Framework for the Counselling Professions



**bacp** | counselling  
changes lives

# Support in managing risks

- Supervisors
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- BACP Ethical Framework
- Ethical decision-making model

# 12-step ethical decision making model



# Support in managing risks

- Supervisors
- Legal advice / insurance co.
- BACP Ethical Framework
- Ethical decision-making model
- GPiA resources
- Ethics hub

[BACP website to demonstrate  
how to access Ethics hub / GPiA  
resources]



# Support in managing risks

- Supervisors
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- Ethics hub
- Rationale

# Questions?

The background features a large, thick, dark purple arc that curves from the bottom left towards the top right. Below this arc, there are two bright pink shapes: a triangle on the left and a larger, irregular shape on the right, creating a layered, abstract design.

# Thank you