

**RESOLUTION
OF THE GENERAL MEMBERS MEETING OF THE POLISH DANCE MOVEMENT
PSYCHOTHERAPY ASSOCIATION DATED 1st MARCH 2008
on
adopting the Code of Ethics for Dance Movement Psychotherapists**

Pursuant to § 39 of the Statute of the Polish Dance Movement Psychotherapy Association, the General Members Meeting hereby adopts the Code of Ethics for Dance Movement Psychotherapists in this wording:

CODE OF ETHICS FOR DANCE MOVEMENT PSYCHOTHERAPISTS

Introduction

This Code of Ethics is a collection of ethical principles applicable to Dance Movement Psychotherapy activities undertaken by the members of the Polish Dance Movement Psychotherapy Association.

This Code is binding upon all the practicing Dance Movement Psychotherapists registered with the Association, as well as students who are Association members and take a course of study recommended by the Association.

The Code of Ethics serves to protect the clients against unethical practices and protects Association members in their professional conduct.

The Code of Ethics is meant to help develop ethical sensitivity, raise awareness of the significance of the procedures protecting the ethical nature of the therapeutic process, as well as make it easier to make specific ethical decisions.

Strictly speaking, this Code does not constitute law. It sets standards for the psychotherapist's appropriate behaviour and conduct, yet does not relieve him/her of the obligation to exercise his/her own sensitivity and personal responsibility for the ethical course of therapy.

The Dance Movement Psychotherapist is referred to as the psychotherapist hereinafter.

I. Professional competence

1. Within the meaning of the Code, Dance Movement Psychotherapy may be conducted by a person who completed a training recommended by the Association, or meets alternative requirements specified in the criteria for ordinary Association members.

2. The psychotherapist is obliged to further his/her professional development by participating in additional trainings, workshops, conferences.

3. The psychotherapist is obliged to maintain his/her motor development, understood as dance technique training or body work.
4. The psychotherapist is obliged to further his/her knowledge of dance and movement, by reading professional publications and research findings.
5. The psychotherapist is obliged to conduct therapy under supervision.
6. The psychotherapist is obliged to maintain contact with the professional community by participating in peer supervisions organised by the Polish Dance Movement Psychotherapy Association as well as supervisions organised by recommended training centres.
7. The psychotherapist must not do therapy work in total isolation, without a reference group and without regular supervision.

II. Psychotherapist's obligations

1. The psychotherapist performs his/her work in an honest and conscientious manner, with respect for the people in therapy as well as those with whom he/she cooperates in the course of therapy.
2. The psychotherapist's primary obligation is to keep in mind the client's good.
3. The psychotherapist respects differences related to age, gender, race, ethnicity, nationality, religion, sexual orientation, physical and mental disability, language and socioeconomic status of his/her clients.
4. The psychotherapist must limit relationships with clients to the therapeutic setting.
5. The psychotherapist must not work with a client, if:
 - a. they share another relationship – of a professional, family or social nature
 - b. there is a different kind of dependence between the client and the psychotherapist, potentially generating a position of advantage, power, domination, or bias and creating a risk that the psychotherapist's role may be abused
6. The psychotherapist presents his/her professional qualifications, experience and membership in the Association truthfully.
7. The psychotherapist practices only within the scope of his/her qualifications and licence.
8. The psychotherapist cooperates with other specialists when it is necessary or advisable.
9. If the psychotherapist works in a team, he/she is obliged to plan and conduct therapy in compliance with the overall treatment plan.
10. The psychotherapist enters into professional cooperation only with bodies and organisations practicing under approved ethical standards.

11. The psychotherapist is obliged to maintain his/her mental health for the sake of the client.

III. Practical principles

1. The psychotherapist provides a therapy space which meets safety and privacy requirements.

2. The psychotherapist agrees a mutually accepted contract with a responsible party (client, parent, carer or representative of appropriate authorities), including:

- a. goals of therapy
- b. methods to be applied
- c. frequency of sessions
- d. duration of therapy
- e. planned intervals
- f. cancellation of sessions by either party
- g. fees and payment methods
- h. relations with other psychotherapists and therapists
- i. changing the psychotherapist

3. The psychotherapist is obliged to make sure that the responsible party understands the contract concluded.

4. Any changes to the contract should be agreed by the parties. If the psychotherapist unilaterally wishes to change the fee or terminate the therapy, he/she must inform the client with appropriate notice and allow for working through issues related to the changes.

5. The psychotherapist is obliged to exercise particular caution with regard to physical contact with the client or among clients. The psychotherapist is obliged to obtain the client's permission, explain the purpose of a given form of contact and what it may involve. The psychotherapist should pay special attention to observing acceptable standards and the client's individual boundaries. In some situations, any physical contact may be inappropriate. This applies to cases of physical abuse, moral qualms, hypersensitivity to touch or existing physical conditions.

6. The psychotherapist is obliged to keep regular clinical records, devoid of personal data, describing the therapeutic process in a discrete manner. These reports may be made available to the supervisors, co-therapists and other professional members of the therapeutic team.

7. The psychotherapist is obliged to refer the client to an appropriate psychotherapist or treatment centre, if therapy fails to produce desired effects, turns out to be harmful, or may not be continued for other reasons.

8. Whenever the psychotherapist's capabilities are reduced, e.g. by an illness, emergence of bias, exhaustion, particularly difficult personal circumstances, or symptoms of professional burnout, all the necessary countermeasures should be undertaken. These may include temporary withdrawal from therapeutic practice. Such a decision should be preceded by consultations with colleagues, supervisors and/or teachers.

9. If the goals of the institution employing the psychotherapist remain contrary to the best interest of the person undergoing treatment, the psychotherapist should choose the welfare of

the patient , and if this is not possible, he/she should suspend the contract (with the institution or the person in therapy). In the event of the conflict of own interest or that of the institution employing the psychotherapist and the client's best interest, the provisions of the Profession Act shall provide the legal solution.

10. In the event of an emergency, e.g.: a life-threatening situation, social unrest, war, natural disaster, as long as it is feasible, the psychotherapist shall allow for a special cooperation framework and will protect the client's autonomy as well as guarantee professional confidentiality.

IV. Confidentiality and data protection

1. Members of the Association treat all the information given on people and institutions concerning professional relations with utmost confidentiality.

2. Confidential information includes clients' personal data, as well as all the data, which – if revealed to third parties – would be in breach with the confidentiality principle.

3. Such information may be passed on only in the client's best interest and only if the client has agreed to it being passed on.

4. The psychotherapist should inform his/her clients about their right to access his/her notes, as guaranteed by the Personal Data Protection Act dated 29th Aug 1997 (Dz.U.02.101.926)

V. Legal aspects of confidentiality

1. If the information is requested under law by suitable authorities, e.g. a court, the client must be notified in advance about the causes for such action and what information will be disclosed. Refusing to answer questions asked by the police is not an offence. However, anyone who receives information related to child abuse should immediately seek legal advice and expert opinion. When working with a client who physically abuses a child or another person or threatens them, the psychotherapist's concern should be the victims' best interest. At the same time, it is our duty to do everything in our power so that our client can get adequate help and to encourage him/her to take full responsibility for the wrong done unto others.

2. There is no legal basis binding the psychotherapist to answer questions asked by a legal counsel or an attorney, or to make statements regarding a matter under investigation, other than a court summons.

3. The law does not bind the psychotherapist to appear in court at the request of the parties involved in the case or their lawyers, unless he/she is summoned before the court as a witness.

4. Acting as a witness, the psychotherapist is obliged to answer questions and present relevant documentation, if requested by the court. If he/she refuses to answer, he/she may be found in contempt of court and punished, unless there are legal grounds for withholding information.

5. Only the public prosecutor's office and courts can exempt the psychotherapist from the duty of confidentiality.
6. While police may demand the release of evidence, e.g. in the form of notes from the sessions, the psychotherapist is obliged to make it available only when presented with an attorney's ruling. Obstructing the police in obtaining such documents may be treated as an offence.

VI. Court proceedings

1. The psychotherapist who has been convicted by the court for any offence or crime, or who is subject to or involved as a party in a civil action entered by a client, should report this fact to the Association's Ethics Committee so that appropriate action can be undertaken.
2. Practicing psychotherapists should seek legal advice and/or contact the Dance Movement Psychotherapy Association if in doubt regarding their rights and obligations, before they start acting in breach of the contract concluded with the client.

VII. Psychotherapist's rights

1. The psychotherapist has the right to refuse treatment, if he/she decides that he/she cannot conduct it with integrity.
2. The psychotherapist has the right not to undertake tasks and not to participate in activities (lectures, seminars, interviews, activity in the public media) that are not compliant with the professional standards stipulated herein.

VIII. Academic research

1. The psychotherapist is obliged to clarify with clients the nature, purpose and methods of any studies or research that the clients are to be involved in, and to make sure that the clients provide their informed and verifiable consent prior to commencement.
2. The psychotherapist is obliged to safeguard the client's welfare and anonymity when any form of publication of clinical material or research findings is being considered. The psychotherapist is obliged to obtain the clients' consent to such publication.
3. When using the assistance of support personnel without full qualifications (e.g. assistant therapists, students, nurses), the psychotherapist is responsible for making sure that the principles of professional ethics are adhered to, informs his/her assistants about the duty of absolute confidentiality, except for threats to personal safety, and secures materials given to assistants against personal identification.
4. The psychotherapist is obliged to provide truthful and comprehensive information on the sources he/she used in academic or research work. He/she shall not hide that materials developed by other authors as well as assistance and consultations with other people were used in his/her publications and research works. When involved in team work, he/she shall

respect the copyright of other team members as well as safeguard his/her own copyright. This principle is of particular significance in interdisciplinary research. The psychotherapist shall not put his/her name to any publications or works in which he/she has not participated, nor shall he/she present his/her participation in a way that is inconsistent with the actual contribution thereto.

5. When reviewing the research work of others, the psychotherapist is aware of the significance of academic criticism in the development of the discipline and his/her personal responsibility for the credibility of the review, nor does he/she undertake to review works, if there are circumstances preventing impartial, credible and competent criticism.

IX. Supervision

1. A practicing psychotherapist is obliged to be under individual and/or group supervision conducted by Certified Supervisors. The supervision should be regular and it should accompany the therapeutic process in progress.
2. The psychotherapist is aware of the dangers resulting from his/her ability to influence others, hence he/she relies on supervision and/or consultations.
3. If the psychotherapist discovers a conflict of ethical attitudes or values, and he/she is not able to deal with this conflict in the course of supervision, he/she should report to the Association's Ethics Committee for advice.

X. Advertisement and data protection

1. Advertisements should be limited to information on the qualifications and experience as well as contents of the planned classes or workshops.
2. The psychotherapist is required to ensure that his/her professional work is adequately covered by appropriate indemnity insurance.
3. Advertisement may not include comparisons or in any way suggest that services offered are more effective than those offered by other psychotherapists, other schools of psychotherapy or other organisations.
4. Advertising is subject to state and industry regulations.

XI. Professional relations

1. The psychotherapist strives to be aware of the consequences resulting from the rank and privilege in all spheres of life: society, community, psyche and spirituality, as reflected in the therapeutic relationship.
2. The psychotherapist respects the dignity and integrity of people with whom he/she maintains professional relations, particularly their right to self-determination and self-responsibility.

XII. Psychotherapist as a promoter

1. When advancing knowledge of Dance Movement Psychotherapy, the psychotherapist presents current knowledge.
2. The psychotherapist should highlight when he/she is presenting a personal point of view while acting in his/her promoting and/or teaching capacity.
3. The psychotherapist is obliged to present other points of view on Dance Movement Psychotherapy theory and practice in a truthful manner.

Literature:

- 1.Code of Ethical Practice Of The American Dance Psychotherapy Association
- 2.Code of Ethical Practice Of The British Dance Psychotherapy Association
- 2.Kodeks etyczny przyjęty na Walnym Zgromadzeniu Członków Sekcji Naukowej Psychoterapii Polskiego Towarzystwa Psychiatrycznego w dniu 8 XII 2000 r.
- 3.Kodeks etyczny Polskiego Towarzystwa Psychologii Zorientowanej na Proces
- 4.Kodeks Etyczno Zawodowy Terapeuty Uzależnień
- 5.Kodeks Etyki Zawodowej Terapii Gestalt
- 6.Kodeks etyczno-zawodowy psychologa

Chairperson of the Meeting

Secretary

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