

## Ethical Standards and Confidentiality Dilemma

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**Directions:** Nowhere is this decision-making practice more vital than when a mental health professional faces an ethical predicament. An ethical predicament occurs when an individual in a mental health profession is required to choose between two diverse courses of action, and choosing one course of action would mean that another good one is forfeited. With your partners, read the scenario you selected, and use the decision-making model to determine the best outcome for each ethical predicament. Be prepared to share your scenario and the outcome with the class. You may refer to the American Counseling Association (ACA) 2014 Code of Ethics for additional information.

1. What is the ethical dilemma? (Write your scenario here.)

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2. Identify which one of Kitchener’s five moral principles would apply to this scenario, and explain your reason.

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Apply the Ethical Decision-Making Model to your scenario by completing the chart.

1. Identify the problem.	
2. Apply the ACA Code of Ethics.	
3. Determine the nature and dimensions of the dilemma.	
4. Generate potential courses of action.	
5. Consider the potential consequences of all options, and choose a course of action.	
6. Evaluate the selected course of action.	
7. Implement the course of action.	