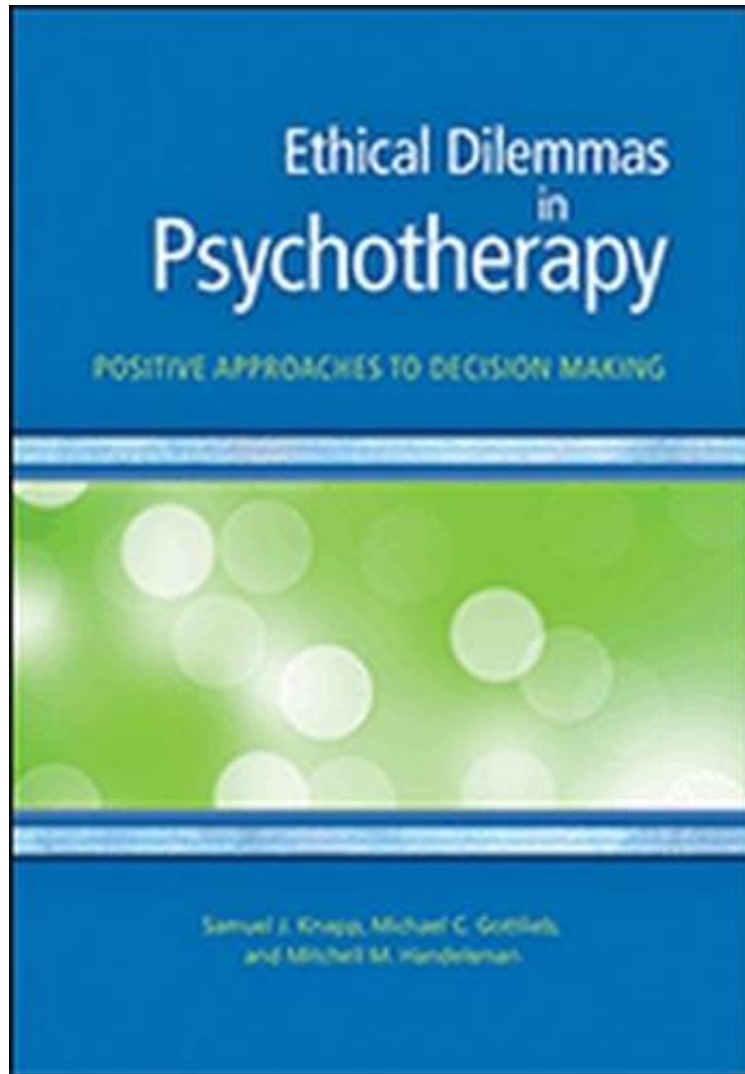


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Ethical Dilemmas in Psychotherapy: Positive Approaches to Decision Making

Samuel J. Knapp, Michael C. Gottlieb, Mitchell M. Handelsman
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not neatly fit in with ethical codes.

New and experienced psychotherapists alike can find themselves overwhelmed by an ethical quandary where there doesn't seem to be an easy solution. This book presents positive ethics as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the psychotherapist and the client. The authors outline a clear decision-making process that is based on three practical strategies: the ethics acculturation model to help therapists incorporate personal ethics into their professional roles; the quality enhancement model for dealing with high-risk patients who are potentially harmful; and ethical choice-making strategies to make the most ethical decision in a situation where two ethical principles conflict. Throughout the decision-making process, psychotherapists are encouraged to follow four basic guidelines: focus on overarching ethical principles; consider intuitive, emotional, and other nonrational factors; accept that some problems have elusive solutions; solicit input from colleagues and consultation groups. Numerous vignettes illustrate how to apply positive ethics to many different ethical challenges that psychotherapists will likely encounter in practice.

"This volume is a worthwhile addition to the bookshelves of psychologists wanting to expand their understanding of ethical dilemmas in psychotherapy." --PsycCRITIQUES

From the Inside Flap

New and experienced psychotherapists alike can find themselves overwhelmed by an ethical quandary where there doesn't seem to be an easy solution. This book presents positive ethics as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the psychotherapist and the client. The authors outline a clear decision-making process that is based on three practical strategies: the ethics acculturation model to help therapists incorporate personal ethics into their professional roles, the quality enhancement model for dealing with high-risk patients who are potentially harmful, and ethical choice-making strategies to make the most ethical decision in a situation where two ethical principles conflict. Throughout the decision-making process, psychotherapists are encouraged to follow four basic guidelines: Focus on overarching ethical principles Consider intuitive, emotional, and other nonrational factors Accept that some problems have elusive solutions Solicit input from colleagues and consultation groups Numerous vignettes illustrate how to apply positive ethics to many different ethical challenges that psychotherapists will likely encounter in practice.

About the Author

Samuel J. Knapp, EdD, ABPP, has been the director of professional affairs for the Pennsylvania Psychological Association since 1987. He also teaches ethics in the doctoral program in clinical psychology at the Philadelphia College of Osteopathic Medicine and in the graduate program in counseling psychology at Lehigh University. He served as a member of the task force responsible for rewriting the 2002 APA Ethical Principles of Psychologists and Code of Conduct and received the first award for ethics education from the APA Ethics Committee. Dr. Knapp has written about 100 peer reviewed articles, made more than 300 professional presentations and written or edited 16 books.

Michael C. Gottlieb, PhD, ABPP, practices forensic psychology in Dallas, Texas, and consults on a nationwide basis. He is a clinical professor at The University of Texas Southwestern Medical Center, where he teaches professional ethics and family systems therapy. He has completed terms on APA's Ethics Committee and its Committee on Professional Practice and Standards. An active scholar, Dr. Gottlieb has written or cowritten 60 peer reviewed articles and book chapters and was an associate editor of the APA Handbook of Ethics in Psychology.

Mitchell M. Handelsman, PhD, has been on the faculty of the University of Colorado Denver since 1982, where he is now a professor of psychology and a CU President's Teaching Scholar. He is a nationally acclaimed educator who has won awards from the Council for Advancement and Support of Education and the Society for the Teaching of Psychology, of which he is a fellow. He has served on ethics committees for several hospitals and professional associations, and has chaired the ethics committees of Rose Medical Center in Denver and the Colorado Psychological Association. Dr. Handelsman has more than 50 refereed publications, more than 10 book chapters, and more than 160 professional presentations.