

Professional and Ethical Guidelines for the Classroom

Professional Guidelines

1. The Psychoanalytic Center of the Carolinas (PCC) places a high value on the professional conduct of our students and faculty in creating a classroom environment of trust and respect. Towards that, here are some guidelines for conduct as it applies to the classroom. All participants are expected to follow these guidelines and failure to do so may result in the participant being asked to leave the class. If you have concerns related to these guidelines, please report your concerns to the Director of your Training Program or, if you are a non-matriculated student, to the Director of the Training Programs.
 - i. Participants are expected to treat their colleagues with respect and care and in a non-discriminatory manner. Participants are expected to be thoughtful, considerate and fair with their colleagues and treat members of all disciplines with respect.
 - ii. Participants should deal honestly and forthrightly with the instructors and class members and each participant should engage in an active process of self-monitoring towards the promotion of professional communication.
 - iii. Taking classes are an integral part of furthering professional competence and if a prolonged illness or personal issues arise that may potentially interfere with your class participation, please talk to your instructor or advisor who, if necessary, will notify the Director of your Training Program or, if you are a non-matriculated student, the Director of the Training Programs.

2. It is the policy of the PCC that two people in a treatment relationship are not allowed to participate in the same class. We have a separate policy entitled Didactic Learning and Treatment Dyads, outlining the rationale and specifics of that policy, but the primary features are as follows:
 - i. Instructors should not teach anyone who is one of their clients. If you are considering taking a class that is taught by your therapist/analyst please discuss this with your advisor if you are matriculated student.
 - ii. If you are non-matriculated student, you will not be able to take the class offered by your therapist/analyst, although some classes may later be given with different instructors.
 - iii. Two students who are in a therapist-patient relationship with each other also may not take the same class at the same time.
 - iv. Students should not approach an instructor about becoming their therapist/analyst until after the completion of the class.

Ethical Guidelines

1. Most, if not all, of our classes are taken by mental health professionals and each profession has its own set of ethical guidelines. Class participants should be familiar with the ethical standards of their own profession(s) as they apply to psychoanalytic psychotherapy and/or psychoanalysis. The American Psychoanalytic Association has a set of ethical guidelines which are available on their website at <http://www.apsa.org/code-of-ethics> which includes General Principles of Ethics for Psychoanalysts which have been used in the formulation of these guidelines.
2. Although each profession has its own ethical guidelines, there are a number of issues that are generally classified as being unethical. There are two categories that we are concerned with in the conduct of our classes:
 - i. Non-disclosure of confidential material, and
 - ii. Concerns about potential ethical violations in the conduct of treatment as recognized in the presentation of case material.

If you become aware of confidential material being disclosed outside of the classroom or if, in the course of hearing clinical material, you have concerns about possible unethical practices, report your concerns to the Director of your Training Program. If you are a non-matriculated student, report your concerns to the Director of the Training Programs. Those issues that may have a direct impact on the client's well-being may be referred to the Ethics Committee of the Psychoanalytic Center of the Carolinas.

3. Confidentiality: Students and instructors are expected to maintain confidentiality as it pertains to clinical material presented in class.
 - i. Clinical material presented by either the instructor or students must not be disclosed outside of the classroom.
 - ii. If written diagnoses, process notes, case summaries or any other clinical material is distributed during class, they must be collected at the end of the class.
 - iii. Measures must be taken to disguise clinical material as necessary to not reveal present or past clients. Alternately, you can obtain the client's authorization to discuss their clinical material after a frank discussion of the purpose(s) of the presentation, the probable risks and benefits to the client and the client's right to refuse or withdraw consent at any time.

- iv. If, during the presentation of clinical material by another participant, you become aware of the identity of the client or if one of your clients is related to that client being presented this will represent a conflict of interest and you should recuse yourself from the class for the duration of the discussion. Then consult with the instructor to determine if it will be an on-going conflict or if the conflict can be resolved by asking that no further discussion be continued of the clinical material in question.
4. Avoidance of exploitation: The therapist/analyst's self-interest or desires should not take precedence over those of the client.
- i. It is unethical to have a sexual relationships of any kind between a therapist/analyst and a current or past patient or with parent/guardian/or other close relative of a current or past patient.
 - ii. It is unethical to have financial dealings, other than for reimbursement for services, with a current or past patient or with the parent/guardian/or other close relative of a current or past patient. This would include accepting professional services from a client in lieu of payment, solicitation of contributions, using information for the therapist's/analyst's personal gain, or accepting a bequest from the estate of a former patient without then donating to an organization from which the therapist/analyst does not receive direct personal benefit.
 - iii. Concurrent supervision by the spouse/partner or other relative of your therapist/analyst should be avoided wherever possible.

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