

Ethical Dilemma Tip Sheet

1. State the problem and identify the nature of the dilemma
2. Identify who the client is, and list the parties affected by the decision, including yourself.
3. Review the four Ethical [Principles](#) , Standards of [Practice](#), Practice [Guidelines](#), [Legislations](#) and any other relevant literature.
4. Explore any personal feelings/biases (social, cultural, religious) or self-interests that might affect the ethical judgment.
5. Consult with peers/colleagues (Provisional Psychologists consult with their supervisors or supervision consultants through CAP).
6. List the alternative courses of action.
7. Analyze the risks/benefits of your actions including your therapeutic relationship
8. Document your process including all the consultations with your colleagues and supervisors.
9. Implement the course of action and take responsibility for it.
10. Reflect and take steps to avoid future ethical pitfalls

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