Chapter 1 — Introduction to Professional Ethics

1. _____ is concerned with perspectives of right and proper conduct and involves an evaluation of actions on the basis of some broader cultural context or religious standard.
   a. Ethical conduct
   b. Community standards
   c. Morality
   d. Professionalism

   ANSWER: c
   POINTS: 1
   REFERENCES: Ethical Decision Making
   LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

2. Robert runs into the office, unprepared and frustrated because he is late for his weekly appointment with his first client of the day. He is consistently late for his appointments. His behavior is:
   a. immoral.
   b. illegal.
   c. unethical.
   d. unprofessional.

   ANSWER: d
   POINTS: 1
   REFERENCES: Ethical Decision Making
   LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

3. James and Mary were in counseling for marital problems. The counselor decided to meet each partner in an individual session before meeting them as a couple. James confided that he was HIV-positive and was not going to tell his spouse because she would know that he had been unfaithful. The counselor decided to break confidentially after attempts to encourage James to inform his wife of his condition were unsuccessful. The counselor's action:
   a. was legal and ethical.
   b. may be considered ethical, but the practitioner could be in violation of a legal standard.
   c. was unethical, but legal.
   d. was ethical and meets the American Counseling Association standard regarding contagious diseases, which states that practitioners must report when a client is HIV-positive.

   ANSWER: b
   POINTS: 1
   REFERENCES: Professional Codes of Ethics
   LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

4. Elizabeth, a beginning practitioner, counsels in a manner in which she merely acts in compliance with the law and follows minimal ethical standards. She is at the first level of ethical functioning, which is:
   a. personal ethics.
   b. aspiration ethics.
   c. mandatory ethics.
   d. basic ethics.

   ANSWER: c
   POINTS: 1
   REFERENCES: Ethical Decision Making
   LEARNING OBJECTIVES: ISSU.CORE.14.01.05 - Differentiate between aspirational ethics and mandatory ethics

5. The basic purpose of professional codes of ethics is to:
   a. educate professionals about sound ethical conduct, provide a mechanism for professional accountability, and serve as a catalyst for improving practice.
   b. protect professionals from lawsuits.
   c. set standards that must be followed no matter the situation.
   d. enhance the image of the helping professions.

   ANSWER: a
   POINTS: 1
   REFERENCES: Professional Codes of Ethics
   LEARNING OBJECTIVES: ISSU.CORE.14.01.03 - Describe three objectives fulfilled by codes of ethics

6. A formal complaint was filed against Harry for sexually harassing a female client. A repeat offender, he was previously warned that a major sanction would be imposed if he continued his unethical actions. The ethics committee of the professional association to which he belongs most likely recommended that Harry:
   a. be suspended with pay for one week.
   b. resign from his job.
   c. work without supervision on his word that he will not harass any client again.
   d. be expelled from the organization.

   ANSWER: d
   POINTS: 1
   REFERENCES: Professional Codes of Ethics
   LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

7. The counselor who asks the questions "Am I doing what is best for my client?" rather than "Is this situation unethical?" is functioning from which of the following ethical perspectives?
   a. Principle ethics
   b. Virtue ethics
   c. Value ethics
   d. Practical ethics

   ANSWER: b
   POINTS: 1
   REFERENCES: Ethical Decision Making
   LEARNING OBJECTIVES: ISSU.CORE.14.01.06 - Compare principle ethics and virtue ethics

8. Virtuous professionals:
   a. are motivated to do what is right, but tend to ignore it.
   b. function within their professional code of ethics because they fear the consequences if they do not.
   c. possess vision and discernment, which involves sensitivity, judgment, and understanding and leads to decisive ethical actions.
   d. typically focus on moral issues with the goals of solving a particular dilemma.

   ANSWER: c
   POINTS: 1
   REFERENCES: Ethical Decision Making
   LEARNING OBJECTIVES: ISSU.CORE.14.01.06 - Compare principle ethics and virtue ethics

9. Richard is counseling a male Asian client and is encouraging him to go to college even though he is expected to take care of his aging parents. Richard is violating the following basic moral principle in making ethical decisions:
   a. non-maleficence.
   b. autonomy.
   c. beneficence.
   d. fidelity.

   ANSWER: a
   POINTS: 1
   REFERENCES: Ethical Decision Making
   LEARNING OBJECTIVES: ISSU.CORE.14.01.07 - Apply the six moral principles to ethical dilemmas

10. Jan, an incest survivor, is covered for six sessions by her insurance. Her counselor is in private practice and knows that Jan needs more sessions. She decides to offer Jan her services pro bono. In making the ethical decision to ensure that her client has equal access to services, the counselor is using the basic moral principal of:
    a. fidelity.
    b. justice.
    c. nonmaleficence.
    d. autonomy.

    ANSWER: b
    POINTS: 1
    REFERENCES: Ethical Decision Making
    LEARNING OBJECTIVES: ISSU.CORE.14.01.07 - Apply the six moral principles to ethical dilemmas

11. Expulsion or suspension of members from professional associations:
    a. has no effect on the member.
    b. cannot be appealed.
    c. is never reported in the journals of the professional associations.
    d. is a major sanction.

    ANSWER: d
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

12. In an attempt to convince her young client to practice safe sex, Valerie fabricated her own statistics and facts about the hazards of unprotected sex. In this instance, Valerie violated the principle of:
    a. fidelity.
    b. veracity.
    c. beneficence.
    d. justice.

    ANSWER: b
    POINTS: 1
    REFERENCES: Ethical Decision Making
    LEARNING OBJECTIVES: ISSU.CORE.14.01.07 - Apply the six moral principles to ethical dilemmas

13. Which of the following models of ethical decision making focuses primarily on the social aspects of decision making and redefines the process as being interactive rather than intrapsychic?
    a. Social constructionist model
    b. Transcultural integrative model
    c. Feminist model
    d. Sociocultural model

    ANSWER: a
    POINTS: 1
    REFERENCES: Steps in making ethical decisions
    LEARNING OBJECTIVES: ISSU.CORE.14.01.08 - Recognize the steps in working through an ethical dilemma

14. Ethics codes tend to be:
    a. reactive rather than proactive.
    b. no longer relevant.
    c. clear and direct.
    d. proactive rather than reactive.

    ANSWER: a
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.02 - Understand the limitations of codes of ethics

15. Reporting requirements in codes:
    a. are specific and follow state laws and regulations.
    b. may not align with state laws or regulations.
    c. may not align with state laws, but align with state regulations.
    d. may align with state laws, but not align with state regulations.

    ANSWER: b
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.02 - Understand the limitations of codes of ethics

16. The highest standards of thinking and a professional's willingness to reflect on the effects their interventions may have on the welfare of their clients describes what kind of ethics?
    a. Mandatory ethics
    b. Principle ethics
    c. Aspirational ethics
    d. Positive ethics

    ANSWER: c
    POINTS: 1
    REFERENCES: Ethical Decision Making
    LEARNING OBJECTIVES: ISSU.CORE.14.01.05 - Differentiate between aspirational ethics and mandatory ethics

17. Which of the following focuses **NOT ONLY** on how professionals can harm clients, but also on how therapists can do better at helping clients?
    a. Mandatory ethics
    b. Principle ethics
    c. Aspirational ethics
    d. Positive ethics

    ANSWER: d
    POINTS: 1
    REFERENCES: Ethical Decision Making
    LEARNING OBJECTIVES: ISSU.CORE.14.01.05 - Differentiate between aspirational ethics and mandatory ethics

18. The first essential step towards ethical decision making is:
    a. identifying the problem or dilemma.
    b. knowing the applicable laws.
    c. choosing a solution.
    d. reviewing the process.

    ANSWER: a
    POINTS: 1
    REFERENCES: Steps in Making Ethical Decisions
    LEARNING OBJECTIVES: ISSU.CORE.14.01.08 - Recognize the steps in working through an ethical dilemma

19. Rather than focusing on best practices, many ethics courses focus on:
    a. creating the safest environment for professionals to work.
    b. the unethical practices of university professors.
    c. record keeping guidelines.
    d. laws, disciplinary codes, and risk management strategy.

    ANSWER: d
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.03 - Describe three objectives fulfilled by codes of ethics

20. Which of the following statements is true with regard to ethical codes?
    a. Issues can be handled solely by relying on ethics codes.
    b. Conflicts sometimes emerge within ethics codes and among various organizations' codes.
    c. Ethics codes tend to be proactive rather than reactive.
    d. Codes do not conflict with institutional policies and practices.

    ANSWER: b
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.02 - Understand the limitations of codes of ethics

21. When practitioners weigh multiple and often competing demands and goals, they must use:
    a. their attorneys to help them work through ethical issues.
    b. their former advisors as sounding boards.
    c. their professional judgment.
    d. common sense.

    ANSWER: c
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.03 - Describe three objectives fulfilled by codes of ethics

22. The major duties of regulating boards include which of the following?
    a. Completing investigations into the ethical practice of new members for a short period to determine the possibility of unethical practice in the future
    b. Screening applications to determine appropriate candidates for the professional organization who will practice ethically and increase the positive image of the professional organization
    c. Determining standards for admission into the profession, screening applicants applying for certification or licensure, conducting disciplinary proceedings involving violations of standards of professional conduct as defined by law, and regulating the practice of psychotherapy for the public good
    d. Conducting evaluations of members' financial stability

    ANSWER: c
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

23. When a complaint is lodged against a member of a professional organization, the ethics committee:
    a. launches an investigation and deliberates on the case, eventually reaching a disposition.
    b. always dismisses specific charges within the complaint.
    c. imposes sanctions nine times out of ten.
    d. transfers the case to law enforcement.

    ANSWER: a
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.04 - Explain the difference between law and ethics

24. When practitioners devote a portion of their professional time and skills to services for which there is no expectation of significant financial return, they are:
    a. using a sliding scale.
    b. being financially irresponsible.
    c. providing pro bono services.
    d. suffering from a martyr complex.

    ANSWER: c
    POINTS: 1
    REFERENCES: Ethical Decision Making
    LEARNING OBJECTIVES: ISSU.CORE.14.01.06 - Compare principle ethics and virtue ethics

25. Autonomy refers to:
    a. the promotion of self-determination and the freedom of clients to be self-governing within their social and cultural framework.
    b. avoiding doing harm to clients.
    c. the act of increasing client dependency.
    d. the process used to lead a client to a specific decision.

    ANSWER: a
    POINTS: 1
    REFERENCES: Ethical Decision Making
    LEARNING OBJECTIVES: ISSU.CORE.14.01.07 - Apply the six moral principles to ethical dilemmas

26. Although the ethics codes of the various professional organizations have specific differences, some of the common themes include:
    a. being interested in the welfare of clients, avoiding harm and exploitation, and protecting client's confidentiality and privacy.
    b. practicing outside the scope of one's competence and utilizing mandatory ethics.
    c. avoiding discrimination of client ethnicity while providing minimal services.
    d. acting ethically responsible and focused on limiting professional sanctions.

    ANSWER: a
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.01 - Identify common themes of ethics codes

27. Each major mental health professional organization has its own code of ethics; however, most of these codes are:
    a. specific and informative, giving answers to all ethical dilemmas.
    b. broad and general and do not provide specific answers to ethical dilemmas.
    c. not necessary to obtain or read.
    d. old and outdated, not pertaining to current ethical dilemmas.

    ANSWER: b
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.01 - Identify common themes of ethics codes

28. Ethics codes are _____ for exercising ethical responsibility.
    a. unnecessary
    b. necessary, but not sufficient
    c. cookbooks
    d. non-limiting

    ANSWER: b
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.02 - Understand the limitations of codes of ethics

29. Practitioners can help expand their awareness and clarify their values in dealing with the challenges of their work through:
    a. reading and reflecting on the standards.
    b. meditation and relaxation.
    c. years of experience.
    d. reading self-help books.

    ANSWER: a
    POINTS: 1
    REFERENCES: Professional Codes of Ethics
    LEARNING OBJECTIVES: ISSU.CORE.14.01.03 - Describe three objectives fulfilled by codes of ethics

30. Obtaining consultation is important because:
    a. it creates a safety net when our actions are unethical.
    b. it is better to have someone else know who your client is in case something happens.
    c. our prejudices, biases, personal needs, or emotional investment creates an inability to view a situation objectively.
    d. the ethical codes state it is important.

    ANSWER: c
    POINTS: 1
    REFERENCES: Steps in Making Ethical Decisions
    LEARNING OBJECTIVES: ISSU.CORE.14.01.08 - Recognize the steps in working through an ethical dilemma