

Code of Ethics for Stress Management Trainers

The Client-Trainer relationship.

- 1. This is a professional relationship within which the welfare of the client is the Trainer's primary concern.
- 2. The dignity, worth and uniqueness of the client is to be respected at all times.
- 3. It is the Trainer's aim to promote self-awareness, self-support and self-development of the client with a view to increasing the range of choices available to them.
- 4. Trainers should be aware of the power and influence their position gives them and should not use it to exploit clients financially, sexually or emotionally. Thus Trainers should not take money under false pretences - knowingly retaining a client for financial reasons only. A sexual relationship with a client is always exploitative and should never occur. Sexual harassment of the client is exploitative and unethical.

• Confidentiality

All exchanges between Trainer and client must be regarded as confidential. This can only be broken in extreme circumstances where the client is a danger to themselves or others.

• Competence

The Trainer should recognise the limits of their competence, undertaking Stress Management Training only, with clients, not in-depth psychotherapy or long-term counselling, unless they are qualified to do so and have an explicit contract with the client to do so.