



# Becoming an Ethical Helping Professional, with Video Resource Center: Cultural and Philosophical Foundations

*Rita Sommers-Flanagan, John Sommers-Flanagan*

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**Becoming an Ethical Helping Professional, with Video Resource Center: Cultural and Philosophical Foundations** Rita Sommers-Flanagan, John Sommers-Flanagan  
**An engaging way to cover ethical choices in counseling settings**

This guide will take readers on a wide-ranging tour of ethics—covering both the theoretical and practical aspects of providing sound, ethical care. In addition to invaluable information, this book provides access to chapter objectives, candid case studies, stories from both students and counselors, questions for reflection, and student discussion activities. Included with this text is an access code for the Video Resource Center that features thoughtful experts discussing the cultural dynamics, life experiences, and philosophical positions that inform ethics in counseling and psychotherapy. The videos include a group discussion of moral philosophy, and interviews with a Buddhist monk, an Islamic scholar, and a counselor. These videos offer you fresh perspectives on the subject of the book.

Coverage goes beyond a laundry-list approach to rules of conduct, and plumbs the philosophical roots embedded in today's professional codes. Engaging case studies explore how ethical rules and principles apply in various real-world settings and specialties.

After covering ethical philosophies, codes, and standards, *Becoming an Ethical Helping Professional* further discusses:

- The helping relationship from beginning to end
- Confidentiality and trust
- Boundaries, roles, and limits
- Assessment: peering through the right lens
- Research, efficacy, and competence

John & Rita Sommers-Flanagan have written an exceptional resource that considers both the process and the content of making ethical choices as a counselor or psychotherapist.

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