

CODE OF ETHICS

1. Introduction

The EBTA Code of Ethics provides guidelines that have been deemed right and useful for practicing Solution Focused approaches.

The EBTA Code of Ethics provides a description of these guidelines and considers common ethical dilemmas that may be encountered in SFBT practice.

2. The fundamental premises of the EBTA Code of Ethics

1. The SFBT Practitioner recognises the ethical values that are present in human societies and which guide the behaviour of individuals living in these societies. These values constitute the core part of this ethical code. The imperative of following these ethical values does not assume their actual existence.
2. The SFBT Practitioner recognises the role of ethical values in the context of individual lives as well as in human societies that follow these particular values. The existence of these particular values in the given context does not assume they are relative. The SFBT Practitioner is cognizant of the fact that they co-construct these values and that these values are real in the subjective perception of the Practitioner, Client and others.
3. The SFBT Practitioner believes that it is possible to follow these values in their work and practise.
4. The SFBT Practitioner acknowledges that it is useful and necessary to follow the guidelines described in this code both in their practise and personal life. The SFBT Practitioner recognises ethics as a useful tool in reflecting on making choices that affect their personal life and the life of others.
5. The SFBT Practitioner is aware that their ethical choices and specific decisions directly influence the life and well-being of the Client they work with, their effectiveness as a SFBT professional, the social perception of them as a SFBT professional as well as the social perception of the whole community of SFBT practitioners and the SBFT method.
6. The SFBT Practitioner acknowledges that it is necessary to obey the codified laws of the society within which they work. The SFBT Practitioner understands that law, being a set of codified moral and ethical norms, is a valuable tool of social self-regulation and therefore must be respected.
7. The SFBT Practitioner recognises that universal ethics is superior to legal systems and is ready to use it as a guideline in decision-making whenever the codified laws may threaten or harm their Client or other people.

8. The SFBT Practitioner aims to reflect the guidelines of this Code in their practise and personal life. The SFBT Practitioner choses to follow these ethical guidelines as an essential part of their role as a professional and not due to any imposed constraints.

9. The SFBT Practitioner acknowledges that ethical values are unconditional and that occasionally they may conflict with each other.

10. Ethical psychological practise is realised according to the best codes of conduct and with deep consideration of the ethical choices. It is a fundamental duty of the SFBT Practitioner to strive for the best ethical practices by solving ethical doubts by aiming to achieve the greatest good.

11. Decisions made in case of conflicting interests or injustice caused by inflexible legal regulations require the Practitioner to be conscious of the ethical responsibility that follows their decisions. Any changes to these ethical guidelines should be made with regard to the well-being of the Client or as a result of improvements in the SFBT method.

12. The SFBT method is a form of an interaction where Practitioner takes responsibility for the process of helping the Client.

13. The SFBT method requires the Practitioner to follow the best ethical guidelines both during their work and outside the therapeutic process.

3. Specific guidelines for SFBT practise

I. The SFBT Practitioner favours the Client's well-being as the ultimate value.

Client's well-being is conceptualised as:

- Client's life, which is a necessary premise for an improvement to arise and the ultimate value in itself
- Any improvement that is satisfying or at least acceptable to the Client

The SFBT Practitioner is able to choose between conflicting values and to help the Client to recognise their life as the ultimate value, especially if the Client is considering a suicidal attempt.

The SFBT Practitioner is aware that when working with multiple Clients conflicts between values may arise.

The SFBT Practitioner is able to distinguish between the well-being of the Client and Client's health and takes possible conflicts between them into consideration.

II. The SFBT Practitioner recognises that Client's satisfaction with the helping process is the main aim of their work.

The SFBT Practitioner considers possible conflicts that may arise between their own satisfaction with the progress made and the satisfaction of the Client. The

SFBT Practitioner acknowledges the fact that Client's expectations and evaluations might differ from those of the other clients or the Client's social environment.

III. The SFBT Practitioner recognises the Client as an expert with regard to Client's life, abilities, needs.

Client's life is a complex, systemic phenomenon. In their work, the SFBT Practitioner aims to defuse any conflicts between respecting the Client's perspective and the need for the Client to respect the law, social norms and the well-being of others.

IV. The SFBT Practitioner respects the work of their Teachers and appreciates the heritage of the Founders of SFBT. Moreover, they respect their colleagues working with SFBT as much as those working with other approaches or in different professions. The SFBT Practitioner acknowledges the fact that their expertise and skills are merely a continuation of the achievements of their Teachers and predecessors. Therefore, they make sure it is known that they acquired their knowledge and skills as a result of training.

The SFBT Practitioner is able to strike a balance between being loyal to the core philosophy of SFBT and searching for novel and useful methods of work.

V. The SFBT Practitioner aims to maximally reinforce the Client and their sense of agency with their life. Therefore, the SFBT Practitioner strives to minimize their direct participation in the active search for solutions so that the Client can attribute the success in achieving the goals to themselves.

VI. The SFBT Practitioner bases their relation with the Client on the premise of respect for Client's beliefs, autonomy, safety and needs.

The SFBT Practitioner makes sure their relation with Client is set accordingly to the rules and practises that are helpful to the Client both during the therapeutic process and after it is finished. The Practitioner recognises the obligation to predict the consequences of their actions towards the Client and their environment. Consequently, they carefully consider Client's needs and try to assess whether they might result in long-term negative effects, even if they provide immediate, momentary relief.

The SFBT Practitioner uses their relation with the Client only for the purpose of the services provided to the Client. They are aware of a potential conflict between this principle and the benefits of popularising the method or research and training activities. Whenever using this relation for non-therapeutic purposes, the Practitioner makes sure that Client's autonomy and privacy is secure.

VII. The SFBT Practitioner respects the Client's right to privacy and does not disclose any information that was passed to them. However, they recognise the possible conflict between this principle and the constraints imposed by the law or by the obligation to secure the life and well-being of other people.

The SFBT Practitioner strives not to lose their Client's trust, nor to harm the level of trust towards other professionals.

The SFBT Practitioner voices their opinions and concerns about the Client and their mutual relation accordingly to the Practitioner's subjective understanding of the truth and with regard to Client's expectations and reservations. The Practitioner aims to reconcile this principle with legal regulations and the requirements of the institution they are employed with. In all formal documents they present an accurate and positive description of the Client, focusing on Client's achievements and abilities.

Furthermore, the Practitioner respects the Client's right to privacy by setting and following the rules regulating the therapeutic work and relation together with the Client.

VIII. In accordance with the open character of the SFBT approach, the SFBT Practitioner continues to develop their professional skills and knowledge both individually and by undergoing supervision, training or by participating in conferences and research activities. The ultimate aim is to improve their ability to help clients.

In their strive for professional development, the Practitioner at all times respects the Core Philosophy and the fundamental rules of the SFBT method, as described by EBTA Solution Focused Practise Definition. Should they fail to respect these rules, the Practitioner is willing to discontinue referring to their practise as SFBT.

The SFBT Practitioner is aware that their personal abilities and beliefs may have an impact on the process of helping the Client and therefore make an effort to achieve better understanding of their self and motivations. To do so, they participate in various forms of therapy and self-improvement.

IX. The SFBT Practitioner is ready to help with all the issues voiced by the Client and would not refuse to help.

The Practitioner acknowledges the fact their abilities are limited, as well as considers other possible personal limitations and impediments to the helping process. They discuss them with the Client and offer their help in finding other professional help if it promises to be more beneficial to the Client. Whenever health problems, personal beliefs or other personal circumstances might halt or impede the helping process, the Practitioner is willing to discontinue working with the Client.

The SFBT Practitioner strives to offer their Client the best and most efficient form of help. If an assessment made using robust diagnostic methods and knowledge indicates that another professional might have the right set of skills and abilities, the SFBT Practitioner is willing to make an effort to consult their work with colleagues from SFBT and other fields. They seek Client's consent before entering consultations.

X. Whenever engaged in scientific endeavours or research, the SFBT Practitioner takes care to secure the well-being of the Client.

XI. The SFBT Practitioner maintains appropriate records and documentation of their professional practise as required by the law and codes of conduct.

The Practitioner makes sure that these records contain all information that may prove helpful to them or their colleagues and that this information emphasises positive and constructive traits and acts of the Client. Notwithstanding, the records should also contain information about the necessary changes or undesirable behaviours in Client.

4. Application of the EBTA Code of Ethics guidelines and the code of conduct in the event of their violation

1. The SFBT Practitioner consults their supervisor or ethics advisor in all cases that may be difficult or ethically ambiguous. The Practitioner is willing to consider their advice.

2. Whenever encountering unethical behaviour on the side of their colleagues or other professionals, the SFBT Practitioner strives to understand their motivations and rationales and attempts to help them find a better solution to the current situation. Should these attempts fail or seem to be fruitless, the Practitioner appeals to the Advisory Task Group.

3. The Advisory Task Group is composed of widely respected members of the solution-focused community and past board members

4. Should other SFBT professionals be concerned about any actions of the Practitioner, the Practitioner is willing to justify and clarify their reasons to undertake these actions.

5. Should any actions of the SFBT Practitioner result in discomfort of the Client or other people, the SFBT Practitioner strives to provide satisfaction in a way that is adequate and fits their abilities and the expectations of other people.

6. The SFBT Practitioner considers any advice given by the Advisory Task Group. The Practitioner is willing to carefully reflect on their actions and include the suggestions of the Advisory Task Group in their future work.