

Your reflective tool

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1. Spend some time reflecting on what drew you initially to becoming a CB therapist and the values you now hold as a therapist? What

are the factors from your personal and professional history that have shaped your values and how you approach ethical issues and dilemmas? Use the following questions to guide you:

- (a) What (or whom) has been most influential in shaping your values as a CB therapist?
- (b) What do you consider to be your most important values and why are they so important to you?
- (c) What have been the major ethical challenges that you have faced in your work as a CB therapist? How have you attempted to manage these and what have you learned from them?
- (d) In terms of values and ethics, what learning have you gained from formal training, experience and your colleagues?

List any insights below:

2a. Reflect on your practice in relation to human and legal 'rights' (recap on Chapters 1 and 2 if you need to refresh your memory on any of the key points discussed). Having done so, consider your responses to the following questions:

- (a) Do you have a preferred set or bill of rights that you try to uphold in your therapy? If so, what is it and why is it preferred?
 - To what extent is your practice based on the rights of the client?
 - To what extent does your place of work influence how you enact those rights?
- (b) Review the rights in Chapter 1 and the rights that underpin ethical codes in Chapter 1. Which rights are incorporated into your professional practice? Are there any areas that would be useful to think about and develop more fully?

List any insights below:

- 2b. Having responded to the questions in 2a above, and having reflected on the content of Chapter 1, what do you now know about your current level of capability and skill in the area of incorporation of rights and values into your practice?
- (a) What are your strengths/areas where you do best?
 - (b) What are your current limitations/areas where you are least effective?
 - (c) Which specific areas would it make most sense to work on for the immediate future?

List your responses below:

- 3a. Reflect on your usual approach to ethical dilemmas (recap on the second part of Chapters 1 and 2 if you need to refresh your memory, and other chapters for specific applications on any of the key points discussed). Having done so, consider your responses to the following questions:

- (a) How or do you use deontological, consequential or virtue ethics in your practice?
- (b) Are there any typical problems, challenges or ethical dilemmas that you regularly encounter in your CB practice?
- (c) When attempting to reason through ethical problems, do you have a preferred way of understanding or formulating the issue?
- (d) For irregular ethical issues, whom can you discuss these with, how well developed is the support available to you? Are you able to approach the problem together?

- (e) Does the ethical problem-solving process outlined in this chapter help you to solve regular and novel ethical problems?

List any insights below:

3b. Having responded to the questions in 3a above, and having reflected on the content of the different chapters, what do you now know about your current level of capability and skill in the area of using ethical theories to help you make reasoned professional decisions?

- (a) What are your strengths/areas where you do best?
- (b) What are your current limitations/areas where you are least effective?
- (c) Which specific areas would it make most sense to work on for the immediate future?

List your responses below:

4. Having read this book, what do you now know about the values, ethical frameworks and ethical reasoning that underpins your professional practice in CBT? How ethical is your practice?

- (a) What are your strengths/areas where you do best?
- (b) What are your current limitations/areas where more attention to values or ethics would help you to become more effective?
- (c) Which specific areas would it make most sense to work on for the immediate future?

In considering each of the above, spend some time reflecting on your responses and what you feel comfortable with and if anything has made you feel uncomfortable. This process is intended to help you to fully appreciate the implications for your work and professional practice. Is there anything that you would like to change in your CBT practice for the immediate future? Are there any learning needs which reading this book or engaging with these questions have alerted you to that you need to follow up on (e.g. with your supervisor, line manager etc.)?

List your responses below:

5. Based on all of the above, what future direction do you wish your value and ethically based CBT-related professional development to take and what resources do you need to help you get there?
- (a) What supervision arrangements might need to be in place to help you take these next steps?
 - (b) What training courses or workshops might be needed to top up your knowledge and skills?
 - (c) What further reading is necessary?
 - (d) Are there other forms of self-directed learning that might be beneficial?

List your responses below:
