



# Code of ethics and practice: information for clients

Information Sheet (Policy)

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All members of the Association for Family Therapy and Systemic Practice (AFT) agree to abide by the Association's Code of Ethics and Practice. Key details are summarised in this handout but please ask your therapist if you would like a full copy of the Code.

You can expect your therapist to be appropriately trained, to keep up-to-date, and to have their style of therapy regularly supervised. If your therapist is part of a team working with you, relationships in that team should be strictly professional and any trainee members should only be given tasks suitable to their level of training. Your therapist should be open and honest about these matters, and about all aspects of his or her relationship with you including any financial arrangements. She or he should not take advantage of contact with you in any way for sexual /political, religious or other reasons. You should not be discriminated against in any way e.g. because of race or gender.

Records of the therapy sessions should be held safely and confidentially, and sessions videotaped only with your signed permission, and kept for a named period and purpose only.

It is often helpful for your therapist to link with other professionals involved with you or your family, but your permission is needed for this to happen. It is only in exceptional circumstances that others will be contacted without your permission.

## **Dissatisfied with the conduct of your therapist(s)?**

Firstly, please discuss your concerns with the therapist(s) and relevant managers. In addition, your therapist may be a member of a health care profession and therefore subject to their professional body's disciplinary procedures. You may wish to contact this organisation to pursue your complaint.

A. If your therapist is a UKCP-registered family therapist/systemic psychotherapist, they are subject to AFT's complaints and disciplinary procedures. There may be a range of sanctions including de-registration of the therapist (being 'struck-off').

B. Members of AFT who are not registered are subject to discipline by the AFT Board for bringing the organisation into disrepute. There may be a range of sanctions including termination of membership of AFT.

If your therapist is a member of AFT, he/she has agreed to abide by the Code and you may wish to pursue the matter with AFT. You may initiate the AFT complaints procedure by contacting the AFT Chairperson or the Chair of the Ethics Subcommittee, c/o The Executive Officer of AFT (her contact details are given below).

*The Chair of the Professional Affairs Committee (PAC) welcomes general feedback and suggestions on Information Sheets and can be contacted via: Sue Kennedy, AFT Executive Officer, 7 Executive Suite, St James Court, Wilderspool Causeway, Warrington WA4 6PS. Tel: 01925 444414  
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