

Self-reflection paper.  
self-assessment need  
this by saturday 3 31  
2013

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## **Self-Reflection Paper. self-assessment need this by saturday3/ 31/2013**

Self-reflection and self-assessment Ethics is the rule about how one should conduct themselves in different situations and professional settings (Banyard and Cara 7). In counseling profession, the APA ethical codes are put into test as the psychologist is expected to always conduct him or herself according to these set and well stipulated and elaborate standards. I am familiar with the ethical codes and even the ethical principles according to APA and always strive to attain them. It is also the ethical codes and principles that have made me develop my professional skills.

I am an honest person who always seeks to promote integrity, truth and even accuracy when it comes to not only my professional life but my personal life as well. Integrity, honesty and truth are virtues that can and always will make in endeavor in some ethical dilemma situations as far as ethics is concerned. Telling the patient the truth in counseling sessions and being truthful to oneself will prevent the patient from claiming that I have performed legal malpractice. It will also ensure that the patients start getting over their denial (for those patients who are in denial but do not know it). Integrity prevents me from conducting myself in inhumane and unprofessional manner.

The other ethics that ensure that I do not misuse my professional position is the principle of justice. Justice other than teaching me about the issues of fairness and consideration also make me humble when trying to deal with fairness issues. When I become fair, I will always be in a position to deal with ethical, legal and moral dilemma which is common in this field. Humility also

gives me internal power to always trust and believe in myself when faced with situations that require justice to prevail.

Respect of other people despite their differences in religion, views, opinion, gender, sexual orientation among other values from us is what has and will continue to make me excel in this field. Respect of others is a very necessary principle and ethical code that is rarely discussed but very powerful when exercised. Respect for others is an intrinsic virtue that I always strive to continually uphold when dealing especially with patients. I recognize that it is this ethics that will draw a line between me practicing as a profession or not. I am able to uphold this ethical principle as a result of a combination of my various strengths like humility and honesty as mentioned above.

Lastly, as a professional I have to always put the safety and security let alone their personal health first. This is the reason there are principles of beneficence and non-maleficence that strive to protect the patient from any harm (Banyard and Cara 18). Always upholding this principle is my guidance in my professional career. This is what I take as my baseline in any patient-client relationship I have. It is also the best reference and tie breaker when I am faced with situations that seem to deviate from the norm or ethical codes. It is always through considering the safety of the patient first that makes me untie myself from such situations and thereby excel in this profession without threat of legal or moral dysfunction.

#### Work Cited

Banyard, Phillip and Cara, Flanagan. Ethical issues and guidelines in psychology. Florida: Routledge, 2005. Print.