RELATIONAL ETHICS & COVID RESPONSE

ETHICAL CONTEXT

- Personal health decisions affect others in our lives
- Family "policy" decisions affect people psychologically and physically
- Many competing needs and stakes, for example, family bonds and harmony versus medical risks
- Individuals have different risk tolerances
- COVID has gotten caught up in political differences
- We are caught up in all of this ourselves as therapists

SOME FEATURES OF ETHICAL CONSULTATION AROUND COVID RESPONSE

L **Listen** for whether the client is showing complexity, thinking about multiple stakeholders

E Explore

- The client's personal needs (e.g., risk factors, risk tolerance)
- The client's sense of responsibility to protect vulnerable others
- The client's sense of respect for the autonomy of others in responding to the client's policy

A **Affirm** the client for considering the needs of multiple stakeholders

P Perspective

- Fill in when client can't see another's perspective (e.g., wanting a family reunion or being afraid of vaccines)
- Help the client sort out legitimate-sounding ethical claims versus manipulation or political positioning
- Consider a discernment principle: protecting the most vulnerable
- Coach the client in how to implement a decision with respect for others

© The Doherty Relationship Institute for educational distribution purposes
RelationalEthicsInTherapy.org