SKILLS IN ETHICAL CONSULTATION IN THERAPY

Selections from Chapter Two of
The Ethical Lives of Clients - Transcending Self-Interest in Psychotherapy
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THE BASIC SKILLS: L.E.A.P.

(LISTEN, EXPLORE, AFFIRM, PERSPECTIVE)

- **L** Listen for clients' ethical language and moral emotions
- **E** Explore moral intuitions, emotions, beliefs, and meanings
- **A** Affirm the client's ethical sensibilities and sense of agency
- **P** Perspective
  - Framing both sides of a dilemma
  - Encouraging the client to emphasize a moral intuition that seems muted
  - Inviting the client to take the role of someone affected by the issue

ADVANCED SKILL: CHALLENGE

- Pivoting from L.E.A.P. interactions
- Forecasting that you are you about to say something challenging
- Affirming the client's autonomy
- Expressing worry about the effects of the client's actions on someone else.
- Switching back to expressing empathy
- Suggesting that the client may be temporally blinded by one set of feelings
- Directly contradicting the client's minimization of the effects on others
- Ending most challenges by again affirming the client's autonomy

Reference:

Doherty, W. J. (2022). *The ethical lives of clients: Transcending self-interest in psychotherapy.* American Psychological Association.

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