

ETHICAL CODE

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INTRODUCTION

Dance movement therapists belonging to member organisations of / and within the EADMT agree to work with social and legal responsibility. This entails personal responsibility towards their professional tasks and towards those persons with whom they enter into a professional relationship.

This Ethical Code serves to orientate members in their professional behaviour with their clients/ patients as well as with their colleagues, and to act as a foundation for all ethical codes concerning member organisations within the EADMT. The Code is based on the application of the foundational ethical principles of nonmaleficence, beneficence, autonomy, fidelity, veracity and justice to the practice of dance/movement therapy.

The Code is an essential resource in a process of deliberative ethical decision-making whether the issue is related to the therapist, the public, the client, the student, the researcher and the profession.

DEFINITION OF DANCE MOVEMENT THERAPY

Dance movement therapy (DMT) is defined by the EADMT as the therapeutic use of movement to further the emotional, cognitive, physical, spiritual and social integration of the individual. Dance as body movement, creative expression and communication, is the core component of Dance Movement Therapy.

Based on the fact that the mind, the body, the emotional state and relationships are interrelated, body movement simultaneously provides the means of assessment and the mode of intervention for dance movement therapy.

1. Applicability

1.1 Ethical Codes of EADMT member organisations shall be compatible with the EADMT Ethical Code.

1.2 The EADMT Ethical Code and those of EADMT member organisations shall apply to individual professional members and be pertinent to all professional business of EADMT.

2. Purpose

2.1 The primary purpose of the EADMT Ethical Code shall be to orientate member organisations and delegates towards the protection of patients/clients and colleagues from harm as a result of unethical behaviour and /or practice. Ethical behaviour is outlined within this document in sections 3-10.

2.2 Member organisations must take this primary purpose into account alongside their other legitimate aims, such as the protection, welfare and professional development of members, the advancement of the profession and the protection of the title of “dance movement therapist”.

3. General professional duties of the dance movement therapist

3.1 The dance movement therapist shall comply with all relevant requirements, regulations and laws, whether European, national or local.

3.2 The dance movement therapist understands that her/his primary mission is to act according to the patient’s welfare.

3.2 The dance movement therapist in employment shall not engage in any official or unofficial action which brings her/him into conflict with the primary purpose of protecting patients’/clients’ safety and best interests.

3.3 The dance movement therapist is required to attentively access the context/space in which the sessions take place in order to make sure that it is a safe, clean and appropriate setting to conduct his/her practice. For online sessions client and therapist privacy should be addressed.

3.3 The dance movement therapist is required to maintain and extend her/his knowledge and skills by means of supervision, appropriate in-service training, advanced vocational training and required national continuing professional education and development.

4. Specific responsibilities of the dance movement therapist to patients/ clients

4.1 The dance movement therapist shall work on the basis of an explicit appropriate and mutual agreement with the patient/client and/or her/his parent/carer - informed consent.

This should cover:

- a) dance movement therapy modality;
- b) the scope, rules and approximate duration of treatment;
- c) treatment goals and methods, considering the client's strengths as well as limitations.
- d) fees (where applicable);
- e) the space where the treatment sessions will take place (see 3.3)
- f) an explanation of the confidential nature of the therapy, clarifying situations where the disclosure of information might be imposed by law or for personal safety reasons.
- g) In the case of a child or person under custodianship, these confidentiality should be addressed both with the client and the custodian.
- h) conditions for termination

4.2 The dance movement therapist shall be aware of the asymmetrical

relationships inherent to a therapeutic relationship. She/he shall in no circumstance act in order to satisfy her/his own personal interests.

4.3 The dance movement therapist should be aware of familial, social, financial, collegial, training or other relationships that may prejudice or bring bias to the therapy process. In cases where dual relationships are unavoidable, boundaries and limitations of therapy should be explicitly addressed with the patient.

4.4 The dance movement therapists should be aware of how to respond to gestures such as gifts from the client. There should be taken in consideration the personal and cultural meaning of the gesture and how it might influence the therapy process. The dance movement therapist must not accept gifts that may influence his/her judgement.

4.5 The dance movement therapist must not engage in any sexual relationship or behavior with the client, whether it is physical or through the use of language. The dance movement therapist is responsible for clarifying sexual boundaries, and address in therapeutic manner any sexual conduct from the client. The common use of touch in dance movement therapy may have sexual connotations to the client, therefore the dance movement therapist should pay attention to the client's reaction and act accordingly.

4.6 The dance movement therapist addresses the use of electronic messages and the use of social media within their relationship.

4.7 In cases where public performance is seen as a possibility to benefit the therapeutic process, the therapist should obtain specific consent from the patient for this activity. Furthermore, the dance movement therapist should ensure that the patient is fully aware of the outcomes or consequences of this activity.

4.8 The dance movement therapist should obtain consent for both video and audio recording of session material from the patient as well as consent for any type of release of patient's records.

4.9 The dance movement therapist shall not treat patients/clients whose particular therapeutic needs he/she is not competent to meet. This includes cases where techniques outside the scope of the therapist's training are required.

4.10 The dance movement therapist shall be responsible for the safety of the therapy sessions through boundaries of time, space, fee arrangement, professional self-presentation, and body language and verbalization.

4.11 The dance movement therapist should make intentional and informed decisions in regards to the use of touch with a client. These decisions must take in consideration: client diagnosis, developmental level, transference, client and therapist history, socio-cultural context (including greeting conventions) and group dynamic and process.

4.12 The dance movement therapist must respect the client's right to refrain from touch even if agreed previously.

5. Assessment, Treatment and Termination

5.1 - Dance/movement therapy assessment is a broad and integrated process that may include verbal and non-verbal methods. It also welcomes standardized instruments (which must only be used by certified therapist to do so) and informal evaluation. Assessment should be a regular/ongoing form of observation that helps the treatment process and answers to the treatment goals, rather than a one-time observation from a single session, in order to prevent wrong assumptions.

5.2 Assessment should consider cross-cultural factors in the therapeutic relationship that may have an effect on the therapist's perception of the client and also on the client's presentation. These cross-cultural awareness should allow the therapist to access her/his tendencies to favour or unfavour certain conditions in order to minimise biased behaviour. Dance movement therapists must be highly aware of how these cultural norms and assumptions can be expressed in body and movement.

5.3 The dance/movement therapist must be informed about confidentiality when using assessment methods that involve the use of technology.

5.4 The dance movement therapist shall only offer treatment following a formal referral or self-referral and assessment procedure has been completed.

5.5 The dance movement therapist shall not make or publish misleading claims as to the likely outcome of treatment.

5.6 The dance movement therapist shall not carry out assessment, treatment, training, supervision or research while mentally or physically unfit to practice.

5.7 The plan of treatment should be looked at with enough transparency with the client in order to encourage the client's voice in regards to her/his personal values.

5.8 Treatment plan and methodology must be revised and modified in accordance with client progress.

5.9 Termination is a planned process between dance/movement therapist and client that reviews treatment achievements, reinforces client resources,

identifies ongoing needs and available social support network, and attends separation from the therapy relationship.

5.10 In cases where dance/movement therapists do not control or have no decision-making role in the termination process this can be addressed as part of the therapeutic process.

6. Responsibility to trainees, interns and supervisees

6.1 The personal therapy of a dance movement therapy student shall not be given by any person concurrently engaged with the training, supervision and internship of that student.

6.2 Staff or training institutions who have serious concerns about a student's development into a competent therapist shall take appropriate actions for the protection of that student and (future) patients/clients.

6.3 Supervisors who have serious concerns about a supervisee's fitness to practise shall take appropriate actions for the protection of that therapist and his/her patients/ clients.

6.4 The trainer/supervisor shall not delegate clinical responsibility to a student or supervisee without adequate supervision.

7. Professional relations for dance movement therapist

7.1 The dance/movement therapist shall strive for good and mutually supportive working relationships with colleagues.

7.2 The dance/movement therapist shall refrain from disparaging remarks about colleagues, and in case of conflict shall seek a mutually acceptable solution.

8. Responsibilities of EADMT member organisations and delegates

8.1 Member organisations are required to have an up-to-date ethical code that includes clear complaints procedures.

8.2 Delegates must follow the principles of their national association ethical code that will be in line with this EADMT code. Delegates will be mindful of suitable professional behaviour in all EADMT business meetings and communications.

8.3 Member organisations and delegates must follow appropriate confidentiality, data protection, intellectual property and equality guidelines (sections 8-10) in terms of their EADMT professional business with colleagues and external partners.

8.4 EADMT member organizations and delegates shall strive for good and mutually supportive working relationships within all meetings, committees, working groups, the Board and in all communications.

9. Confidentiality and data protection

9.1 Confidentiality:

- a) Dance movement therapists shall protect the confidentiality of information gained in the course of their professional work.
- b) Regarding group work participants shall be invited to protect confidentiality of their peers. This must be clear in the informed consent signed in the beginning of therapy.
- c) information may be shared with appropriate professionals.
- d) information can be shared for training purposes. However, trainees shall be bound by the same requirements as the therapist.
- e) appropriate anonymous information may be published or presented as part of a case study or research project.

f) Limits of confidentiality may include but are not bound to: client's ability to harm himself, a third party to harm the client, the inability of the therapist to guarantee compliance to confidentiality agreements by participants in group therapy, the sharing of information with treatment coordination teams, situations of court orders, situations when dealing with minor clients (sharing information with parents and caregivers), in cases of education: training and supervision, as well as mandated treatment.

9.2 Data protection:

a) The dance movement therapist shall respect and abide by national and European laws regarding confidentiality and data protection. In the case of a court of law, the dance movement therapist is bound to disclose only required information relevant to the case.

b) All therapeutic documents, videos and all other material are required to be saved and stored according to national data protection law. (see 4.8)

10. Research

10.1 In all research involving clients/patients either directly or indirectly, priority shall be given to their best interests and their safety as already set out in sections 4 and 7 above.

10.2 Necessary authorisation shall be obtained before commencing research.

10.3 The intellectual property of colleagues shall be handled respectfully. Any contribution of collaborators shall be clearly acknowledged in any presentation or publication.

11. Equality of opportunity

11.1 Insofar as it lies within the dance movement therapist`s discretion, patients/clients shall have equal rights of access to assessment and treatment regardless of their social-economical status, disability, ethnicity, gender, race, religion, sexual orientation, marital status or any other diversity, which is not relevant to treatment.

11.2 Insofar as it lies within the dance/movement therapist`s discretion, candidates for training, prospective supervisees, applicants for professional recognition or research funding shall not be discriminated against on grounds of class, disability, ethnicity, gender, race, religion, sexual orientation, or any other diversity, which does not affect competence.

12. Enforcement of Ethical Code

12.1 EADMT member organisations shall investigate alleged breaches of their Ethical Codes and, where necessary, discipline their members appropriately.

12.2 The EADMT Board, acting on behalf of all members, has a duty to monitor how effectively the member organisations deal with the foregoing procedures, through the application and re-application processes.

12.3 The EADMT Board has the duty of ensuring that there is a process for establishing an ethical committee if the need arises, and a clear set of guidelines for procedures when dealing with formal complaints against the behaviour of a member organisation or delegate.