

Psychotherapy During the Pandemic:

Legal & Ethical Implications

Advanced Topics in Supervision

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ETHICAL DILEMMAS IN THE TIME OF THE PANDEMIC:

- **Dilemma #1**

Your client works at Cottage Hospital and is exposed and potentially exposed to COVID patients. You are over 65 or you suffer from a chronic medical condition. You have never practiced telehealth before. Your client is having an upsurge in anxiety and only wants to work with you. Do you continue therapy?

- **Dilemma #2:**

Your client works at Val Verde and calls you to cancel her session with you. She tells you that her partner tested positive for COVID. Although she is aware she should be self-quarantining, she tells you she can't afford the cost of unpaid sick leave so is going to continue working. Should you report this violation to authorities?

- **Dilemma #3**

In order to meet the high load of new referrals suffering from psychological consequences from COVID, therapists working in an unnamed agency are instructed to terminate ASAP with long-term cases in order to serve new at-risk clients. What do you do?

- **Dilemma #4**

You are working with divorced parents with 50-50 custody of a 13-year-old suffering from anxiety and numerous fears. Mom's household is heeding the Governor's guidelines and the Dad's is not. You receive a call from Dad telling you that Mom is refusing to allow the teen to return to Dad's house because of fear of getting COVID.

PLEASE BRING ANY OF YOUR DILEMMAS THAT YOU HAVE FACED OR ARE FACING NOW DUE TO COVID!!!!

THE GEORGETOWN PARADIGM

OR THE FOUR PRINCIPLES:

- **AUTONOMY:** The client's right to make choices
- **BENEFICENCE:** Our obligation to do the most good, provide the best, for the client
- **NON-MALEFICENCE:** do no harm both to client and to others
- **JUSTICE:** we seek to be fair/legal/ethical in decisions that have risks and benefits