



Information on Ethics Rules for Clients in Jungian Therapy

The following rules are an excerpt. The full set of rules can be found on the website cg-jung.dk/dsap/etikregler/.

All Jungian psychotherapists / analysts who are members of DSAP are obliged to follow the association's ethics rules. This also applies to graduates studying at C.G. Jung Institute Copenhagen.

The Code of Ethics provides clients with qualified psychotherapy and the best opportunities to promote their personal development and mental health. Likewise, the ethical rules cover the analyst's professional standard in the various functions that the analyst performs

All members of DSAP and candidates at the C.G. Jung Institute Copenhagen (hereinafter the Jung Institute) are obliged to abide by the Association's Code of Ethics. The Code of Ethics guarantees clients qualified psychotherapy and the best opportunities to promote their personal development and mental health. Likewise, the Code of Ethics covers the analyst's professional standards in the various functions they perform.

The Code of Ethics follows the IAAP's Guidelines for Minimal Standards in Codes of Ethics for Group Members.

The Jung Institute's Jungian psychotherapist and Jungian analyst programmes have been approved, and are evaluated by Dansk Psykoterapeutforening (The Danish Association of Psychotherapists). The locally formulated sets of regulations must respect the sets of regulations of Dansk Psykoterapeutforening and the European Association For Psychotherapy (EAP).

Code of Ethics

§ 1. General Provisions

- 1.1 An analyst is aware of the individual and societal/ethical responsibility that the discipline entails. It is a responsibility that involves the crucial influence an analyst - in their role as an analyst, teacher, supervisor, communicator, researcher or the like - can have on people's lives.
- 1.2 The analyst is aware of, and avoids personal, social, organisational, financial or political situations that may lead to abuse of the discipline and their position.
- 1.3 In every type of working context, the analyst takes responsibility for the quality and consequences of their work.
- 1.4 The analyst is aware of being careful in relation to their role as a representative of their profession, even outside the direct client/therapist relationship.
- 1.5 In their functions, the analyst may only enter into financial agreements related to professional fees.

§ 2. Relationship with a client

Relational responsibility

- 2.1 An analyst is loyal, respects a client's rights, dignity and integrity, and works with care and reflection to support and develop a client's mental well-being. Consideration and respect for a client takes precedence over the analyst's personal and other interests.



- 2.1.1 At the start of the therapy, an analyst informs the client about the framework of the therapy: e.g. the duration and frequency of sessions and the fee. It is an analyst's responsibility to be aware of, and deal with any breaches of the framework.
- 2.1.2 An analyst is aware of their position vis-à-vis their clients and does not use this to promote personal interests.
- 2.1.3 An analyst is cautious when it comes to social contact with a client and, at the end of the treatment, is aware of emotions resulting from transference and countertransference. Contact with a client's relatives or close contacts also takes place with great caution and not without the knowledge of the client, unless force majeure emergency situations crop up.
- 2.1.4 An analyst may not have a sexual relationship with a client, and it is considered unethical to end a course of treatment in order to initiate a sexual relationship.
- 2.1.5 An analyst provides a framework that safeguards both client and analyst in the event of physical violence. If a client is physically dangerous, the analyst must move away and summon help. Only where there is no other option may the analyst resort to emergency defence.
- 2.1.6 Any personal and business affiliation with a client, in addition to the primary professional relationship, must be avoided.
- 2.1.7 An analyst should encourage a client to seek alternative treatment, when they are not professionally qualified to work with the problems described by the client.
- 2.1.8 An analyst is obliged to urge a client to seek specialist medical treatment, when deemed necessary, even when the analyst is a doctor.
- 2.1.9 An analyst may encourage the client to investigate whether it is possible to get help to cover the costs of the therapeutic treatment: for example, via the public health service, insurance plan or the like.
- 2.1.10 If an analyst has started a course of therapy, they are responsible for ensuring that this is completed in a professionally sound manner to the greatest extent possible.

Patient Confidentiality

- 2.2 In their professional work, an analyst complies with patient confidentiality vis-à-vis clients' private matters, unless the analyst is subject to a legal obligation to testify about certain matters, or it is necessary to uphold their own rights and protect their own person or that of others. Patient confidentiality also applies to the disclosure of all information about whether a person has sought and/or received psychological treatment and the analyst's assessment of the person in question.
 - 2.2.1 If, during the therapy, information emerges about persons under the age of 18 or other minors, which seems to imply that the person in question is being subjected to neglect, sexual abuse or other degrading treatment, living in conditions that will endanger the person's health or development, a therapist has a duty to inform social services in the child or minor's municipality of residence.
 - 2.2.2 In the case of group therapy: The analyst must emphasise that participants in group therapy must observe duty of confidentiality.
 - 2.2.3 In the case of supervision: In their role as supervisor, an analyst must emphasise that the supervisee/candidate must observe duty of confidentiality.



Disclosure of information

- 2.3 Unless there is an express exception or a legal obligation, disclosure or publication of client material may only take place with the client's consent and in such a way that the client cannot be identified. If a client requests that the material not be published or presented, this must be respected.
- 2.3.1 Consent must be in writing and state what types of information may be disclosed to whom and for what purpose.
- 2.3.2 The consent can always be revoked and lapses after 1 year, unless otherwise agreed.
- 2.3.3 An analyst may disclose information if it is in the interest of public or private interests that clearly exceed the interests that justify the secrecy, including consideration of the person to whom the information relates. In such a case, the client must be informed of the information disclosed.

Data management

- 2.4 Storage: Storage of journals, documents, recordings, email correspondence etc. must be done responsibly with a view to preventing misuse of the material, and must comply with the regulations of the Danish Data Protection Agency.

§ 4. Relationships with colleagues

- 4.1 An analyst must respect the professional and academic work of colleagues and not criticise a colleague publicly or to a client, unless the colleague in question has been informed. This also applies to colleagues from other disciplines.
- 4.2 An analyst respects their colleagues' relationships with their clients and does not take over their clients until on-going therapy is concluded.

§ 7. Professional standards

- 7.1 An analyst must not continue their work if they are negatively affected by:
 - (1) The consumption of alcohol or other substances; or
 - (2) Physical or mental illness that would significantly reduce the professionalism and judgment of the analyst.
- 7.6 As a member of DSAP, an analyst has a responsibility to themselves, the profession, clients, the public and colleagues to keep up to date professionally. This applies both in general and within the analyst's area of methodology/speciality: for example, through self-therapy, supervision or participation in professional courses and training.
- 7.7 An analyst only offers therapy, teaching and training in methods and approaches, in which they are trained and of which they have experience.

§ 8 Breach of the code of ethics

- 8.1 Complaints about a breach of the Code of Ethics must be thoroughly described and addressed in writing to the DSAP Ethics Council, which then informs the Board and the Jung Institute's Board of Studies (if the complaint relates to the Jung Institute). Upon receipt of the complaint, the Ethics Council informs the member to whom the complaint relates.

If you as a client experience a breach of the ethical rules, you can direct a complaint to DSAP's Ethics Council by writing to DSAP-etik@cg-jung.dk, which will inform about the further course of the complaint.