

The Association for Dance Movement Psychotherapy UK

ADMP UK

Code of Ethics and Professional Practice

Dance Movement Psychotherapy

Dance Movement Psychotherapy (DMP), the most physical of the arts therapies, recognises body movement as an implicit and expressive instrument of communication. Harnessed therapeutically and irrespective of age, culture and background, dance movement offers a way of assessment and of treatment for a range of neurological, psychological, relationship and social problems. Moreover, it yields opportunities for people who wish to develop their own creative potential.

DMP is practised as both individual and group therapy in health, education, social service and other settings and in private practice. The profession is continually informed by the results of international research and by initiatives and projects that open up and extend the field of DMP practice.

This code of ethics and professional practice applies to all ADMP members (including UKCP registrants) and trainees.

Introduction and Purpose

Dance movement psychotherapists who are members of the Association for Dance Movement Psychotherapy (ADMP) UK are aware of, and also commit to practise in accordance with, personal, professional, social and legal responsibilities that impact on their relationships with clients and colleagues. The welfare and safety of clients is at the forefront of all considerations relating to professional practice.

The purpose of this Code is to clarify how specific aspects of professional belief, behaviour and practice are relevant to the above responsibilities and how these support dance movement psychotherapists in their commitment to protect clients from harm resulting from unethical behaviour and practice.

This Code applies to all individual members of the Association (ADMP UK), including trainee dance movement psychotherapists whilst on clinical placements.

In addition to this Code, members are required to be aware of other principles, standards and guidelines related to practice as described by the Association and defined in contracts of employment.

This Code exists in its own right and in co-ordination with other ethical codes where relevant to DMP professional practice contexts.

In line with their commitment to professional integrity and accountability, dance movement psychotherapists will report any breaches of this Code, by themselves or others, to the appropriate person within the Association, such as the current Chair or the Vice Chair in case of a conflict of interest.

In the following sections the term 'dance movement psychotherapist' also refers to dance movement psychotherapy trainer and supervisor. The term 'client' refers to individual clients, groups, couples, families. Where applicable the term 'client' also refers to supervisees and trainees.

1. Best interests of clients

- 1.1 Dance movement psychotherapists are responsible for respecting the welfare and best interests of clients.
- 1.2 Dance movement psychotherapists are aware of asymmetries inherent in a therapeutic relationship and do not engage in abuse or exploitation of the relationship for their emotional, financial or sexual gain.
- 1.3 Dance movement psychotherapists make every effort to avoid entering into dual relationships that may confuse an existing relationship or increase the risk of exploitation. Examples include, but are not limited to, a therapeutic relationship with a friend, relative, employee, student or supervisee or a personal or business relationship with a current or former client.
- 1.4 Dance movement psychotherapists are mindful of personal, social, organisational, financial, environmental, cultural, gender based or political contexts that may impact on asymmetries in a therapeutic relationship.
- 1.5 Dance movement psychotherapists do not collude in the harming of clients or of others by a client.
- 1.6 Dance movement psychotherapists are responsible for the safety of the therapy sessions, conducting risk assessments of the site and client where ethical issues may arise.
- 1.7 The dance movement psychotherapist undertakes to respect their client's autonomy.
- 1.8 The dance movement psychotherapist recognises that their conduct outside their professional life may have an impact on the relationship

with their clients and takes responsibility for working with these potential negative or positive effects to the benefit of the client.

2. Awareness of legal frameworks and responsibilities

- 2.1 Dance movement psychotherapists are aware of and comply with all relevant national regulations and laws impacting their professional practice, for instance having an enhanced disclosure where appropriate.
- 2.2 Dance movement psychotherapists are aware of the human, legal and civil rights of clients and avoid any action violating or diminishing these.
- 2.3 Dance movement psychotherapists do not engage in or condone inhumane practices that result in illegal or unjustifiable actions.
- 2.4 Dance movement psychotherapists are aware of and understand their legal and organisational responsibilities in relation to the rights of children and vulnerable adults and take appropriate action if a child or vulnerable adult is considered to be at risk of harm.
- 2.5 Safeguarding children and vulnerable adults
 - 2.5.1 Dance movement psychotherapists are aware of legal and organisational regulations relevant to child protection and the protection of vulnerable adults.
 - 2.5.2 Dance movement psychotherapists have a duty to refer concerns of suspected abuse or risk of abuse to their supervisor, child protection/safeguarding officer or line manager within their organisation and, if necessary, to their local child protection organisation, Children's and Vulnerable Adults' Social Care or the police.
 - 2.5.3 Dance movement psychotherapists place the needs of the child/vulnerable adult first should a conflict of interests arise.
 - 2.5.4 Main categories of abuse in relation to which action must be taken include physical, sexual, emotional abuse, omission of care and neglect.
- 2.6 Dance movement psychotherapists agree to inform the Association of the following, with the aim of the Association assessing potential risk to clients and public confidence in the profession and taking appropriate action if deemed necessary:
 - a) any convictions for a criminal offence, conditional discharges for an offence or police cautions;
 - b) disciplinary action brought against them by another professional body or membership organisation;
 - c) suspension or restriction of practice by an employer/organisation due to concerns relating to professional competence and/or practice.

- 2.7 With reference to the above, dance movement psychotherapists agree to co-operate with inquiries regarding their capacity to practise or supervise. In such circumstances dance movement psychotherapists should seek advice from the Association's Ethics Committee and/or legal advice relating to the inquiry.

3. Diversity and equality of opportunity

- 3.1 Dance movement psychotherapists are aware of issues of diversity and equality and through a process of self-exploration and suitable training strive to remain aware of how issues of diversity may affect their relationship with clients, supervisees and trainees.
- 3.2 Dance movement psychotherapists do not engage in behaviour that is abusive based on issues related to diversity.
- 3.3 Dance movement psychotherapists ensure clients have equal rights of access to assessment and treatment regardless of their gender, age, sexual orientation, race, ethnicity, religion, disability, social, economic or immigration status, or any other diversity not relevant to treatment.
- 3.4 Dance movement psychotherapists ensure candidates for training, prospective supervisees, applicants for professional membership or research are not discriminated against on the grounds of gender, age, sexual orientation, race, ethnicity, religion, disability, social, economic or immigration status, or any other diversity issue.

4. Confidentiality, data protection and record keeping

- 4.1 Dance movement psychotherapists respect and protect the confidentiality of clients.
- 4.2 Dance movement psychotherapists are aware of and comply with national laws regarding confidentiality and data protection.
- 4.3 Dance movement psychotherapists notify their clients of any ethical and legal limitations on confidentiality.
- 4.4 In group work, dance movement psychotherapists invite participants to protect the confidentiality of their peers.
- 4.5 Dance movement psychotherapists share information with other professionals only with the client's and, in the case of children and vulnerable adults, with the appropriate carer's permission. Dance movement psychotherapists may share anonymous, appropriate

information for training or research purposes, ensuring that confidentiality and anonymity is maintained.

- 4.6 Dance movement psychotherapists disclose only required information relevant to the case in judicial or administrative proceedings. Clarification is sought throughout such proceedings regarding the impact on confidentiality of sharing this information.
- 4.7 Dance movement psychotherapists ensure they keep appropriate records of practice for the purposes of analysis, supervision, communication with colleagues and clarity in the case of litigation.
- 4.8 Dance movement psychotherapists ensure that all therapeutic records, including written and digital documents and communication, photographs, audio and video recorded material and all other material created by the client during the course of therapy are stored, archived and/or destroyed securely, according to data protection legislation and each organisation's information governance.
- 4.9 Dance movement psychotherapists are responsible for obtaining clients' informed consent for audio and video recordings used for supervision, research and training purposes. Information provided to clients should include the purpose, access to, ownership, storage, methods of representation used and destruction of recorded material when the case or study is closed.
- 4.10 Dance movement psychotherapists are responsible for considering the impact of such a request on the therapeutic relationship.
- 4.11 Dance movement psychotherapists in private practice make arrangements for the secure storage or destruction of therapeutic records in the event of their unexpected death. It is also recommended that psychotherapists have a living/professional will.
- 4.12 Dance movement psychotherapists are guided to keep clinical records after the termination of therapy and stay aware of relevant current legislation and organisational policies.
(See also <https://ico.org.uk/for-organisations/guide-to-data-protection/principle-5-retention/>)

5. Responsibilities of dance movement psychotherapists to clients

- 5.1 Referral and assessment
 - 5.1.1 Dance movement psychotherapists offer treatment after a formal referral/self referral and assessment procedure (including contract, consent and risk assessment) has been completed.

- 5.1.2 Dance movement psychotherapists commit to adequately explaining the nature and purpose of assessment techniques in ways accessible to clients.
- 5.1.3 Dance movement psychotherapists do not treat clients whose therapeutic needs they are not competent to meet, including where techniques that were not part of the therapist's training are required.
- 5.1.4 Dance movement psychotherapists do not make misleading claims regarding the likely outcome of treatment.

5.2 Consent

- 5.2.1 Dance movement psychotherapists commit to explain to clients clinical methods of working including methods specific to the dance movement psychotherapy modality. Communication appropriate to the client's level and scope of understanding should be employed.
- 5.2.2 Dance movement psychotherapists do not intentionally mislead a client regarding the nature of psychotherapy offered.
- 5.2.3 Dance movement psychotherapists comply with current legislation regarding consent when working with children. Communication with a child's parents or carers or identified significant person should be made before the start of therapy.
- 5.2.4 Dance movement psychotherapists seek clarification in line with current legislation e.g. the Mental Capacity Act, when working with clients deemed incapable of providing informed consent.

5.3 Contract

- 5.3.1 Dance movement psychotherapists work on the basis of an explicit appropriate agreement made with the client, which should cover the following areas:
 - a) the therapeutic modality;
 - b) the scope, rules and approximate duration of treatment, case closure;
 - c) fees and conditions (where applicable);
 - d) an explanation of confidentiality, including legal and other limitations.
- 5.3.2 Dance movement psychotherapists notify clients of codes of ethics and practice they adhere to and make clients aware of the availability of the complaints procedure.
- 5.3.3 Dance movement psychotherapists ensure the client understands and contributes to the agreement using non-verbal methods of sharing meaning, when working with children, young people or adults unable to read or write or who have other communication needs.

5.4 Use of touch

- 5.4.1 Dance movement psychotherapy interventions necessitate a relational engagement of moving bodies and as such may involve the use of touch among clients in a group or between client/s and the psychotherapist.

- 5.4.2 Dance movement psychotherapists remain aware of the diverse and complex types of physical contact and the nature and purpose of touch within the therapeutic relationship are always respected.
- 5.4.3 Dance movement psychotherapists are ready to engage with, through ongoing supervision, question and sensitively appreciate the differences between boundary 'crossing' and 'violating' in terms of touch. Under no circumstances do psychotherapists engage in sexual or abusive physical contact with clients.
- 5.4.3 Dance movement psychotherapists examine their own social values about touch and those of clients, and the clients' relationship to touch is always respected. Important considerations when working with touch include levels of physical and cognitive ability, gender, sexuality, ethnicity and history of abuse or political torture.
- 5.4.4 The client's permission to engage in physical contact during the therapeutic relationship is paramount and must be an issue of ongoing consensual decision-making between client/s and psychotherapist.
- 5.4.5 Dance movement psychotherapists clarify specific rules regarding touch, in addition to the above, set by employers and particular settings such as schools.
- 5.5 Professional knowledge and skills
 - 5.5.1 Dance movement psychotherapists provide an accurate representation of their competence, education, training and experience. Information relating to the above is accurately shared with clients and the Association on request.
 - 5.5.2 Dance movement psychotherapists ensure they adequately meet standards of education, training and practice, as set out by the Association.
 - 5.5.3 Dance movement psychotherapists recognise the scope and limitations of their expertise. If a case is beyond a psychotherapist's area of expertise the psychotherapist must inform the client and where appropriate refer the client to another professional, with the client's consent.
 - 5.5.4 Dance movement psychotherapists commit to maintaining and extending their knowledge and skills through a process of engagement in on-going training, referred to as Continuing Professional Development (CPD). Policies regarding the type and level of training required are set by the Association and adhered to by members.
 - 5.5.5 Dance movement psychotherapists ensure they are complying with professional guidelines for adequate clinical supervision for range, type and quantity of DMP work they undertake.
- 5.6 Fitness to practise
 - 5.6.1 Dance movement psychotherapists do not engage in clinical assessment, academic assessment, treatment, supervision, training or

research while mentally or physically unfit to practise, including when impaired by the influence of alcohol, drugs or medication.

5.6.2 Dance movement psychotherapists are responsible for taking appropriate action if their professional conduct is impaired by any of the above reasons.

5.6.3 Dance movement psychotherapists commit to making appropriate arrangements for informing their clients should they become unexpectedly unavailable due to illness or death such as having a living/professional will in place.

5.7 Indemnity insurance

5.7.1 Dance movement psychotherapists are required to ensure their practice is covered by appropriate indemnity insurance or by their employer's insurance, making clear this is adequate for the purposes of their practice. Evidence of insurance arrangements must be made available if requested.

6. Specific responsibilities of dance movement psychotherapists to trainees, interns and supervisees

6.1 Dance movement psychotherapy trainers and supervisors do not enter into dual relationships with trainees and supervisees. For example, psychotherapy is not offered to a student by a current trainer or supervisor.

6.2 Dance movement psychotherapists providing placements, trainers and supervisors communicate serious concerns regarding a trainee's competence and/or fitness to practise to the appropriate person and ensure these are acted upon, with the aim of protecting the best interests and safety of the trainee and their clients.

6.3 Dance movement psychotherapy trainers and supervisors ensure adequate supervision is provided to trainees in relation to their clinical responsibilities.

7. Research

7.1 Dance movement psychotherapists ensure the best interests, safety and confidentiality of clients, including supervisees and trainees who may be participating, take priority in all aspects of planning and undertaking research.

7.2 Dance movement psychotherapists seek and obtain informed consent from participants before commencing research. When participants are children or vulnerable adults an informed consent should be

obtained from parent/carer or identified significant person in their life. It is also recommended that assent is sought by children or vulnerable adults whenever relevant.

- 7.3 Dance movement psychotherapists inform participants of the purpose, nature and conditions of the research to be undertaken, including responsibilities and obligations of both researcher and participant.
- 7.4 Dance movement psychotherapists inform participants of their right to decline or withdraw participation at any point in time.
- 7.5 Dance movement psychotherapists ensure all information and material obtained through research activities is treated in a confidential manner and maintains anonymity.
- 7.6 Dance movement psychotherapists respect the intellectual property of colleagues and other professionals and acknowledge the contribution of any collaborators to any aspect of the research.

8. Professional relations

- 8.1 Dance movement psychotherapists respect and cooperate with colleagues and other professional groups with whom they work.
- 8.2 Dance movement psychotherapists make an effort to develop awareness of special competencies and practices of colleagues and other professionals who may also be providing services to their client.

9. Advertising

- 9.1 Dance movement psychotherapists are responsible for the accurate, honest and fair representation of their profession and services, through public statements and all forms of promotional activity.
- 9.2 The dance movement psychotherapist undertakes not to make or support unjustifiable statements relating to particular therapies or therapists or include testimonials from clients in any advertising material.
- 9.3 Dance movement psychotherapists provide accurate information about group sessions, workshops, seminars or other educational programmes offered, including fees, contractual obligations, staff qualifications, eligibility requirements and a description of the nature of session, workshop or seminar experiences.

10. Complaints

- 10.1 Dance movement psychotherapists are responsible for being aware of the Association's Complaints Procedure and relevant legislation and for informing clients of these if required.
- 10.2 Dance movement psychotherapists who have ethical concerns related to a colleague's practice are responsible for raising these with the colleague and/or organisational setting in which the work takes place. If the above have not proved effective, dance movement psychotherapists are responsible for raising their concerns with the Association.
- 10.3 Dance movement psychotherapists are responsible for informing the Association's Chair of the Ethics Committee without delay if they become aware of a complaint or possible legal action brought against them in relation to their practice.
- 10.4 Complaints received by the Association related to practice are forwarded to the Association's Chair of the Ethics Committee.

See the ADMP 'Complaints Procedure' document, as well as the UKCP Complaints and Conduct Process (CCP) document for those ADMP members with UKCP registration.

ADMP is responsible for any complaints against an ADMP member who is not registered with UKCP (this includes trainees). ADMP is also responsible for supervision complaints against its members, as supervisor complaints are not covered under UKCP's CCP. Any client/therapist complaints against a registered UKCP member in their capacity as a dance movement psychotherapist will go to the UKCP CCP.

Relevant Legislation

Mental Capacity Act (2005)

<http://www.legislation.gov.uk/ukpga/2005/9/contents>

Equality Act (2010)

<http://www.legislation.gov.uk/ukpga/2010/15/contents>

Every Child Matters (2003)

<https://www.education.gov.uk/consultations/.../EveryChildMatters.pdf>

Children Act

<http://www.legislation.gov.uk/ukpga/2004/31/contents>

Enhanced Disclosure / Disclosure and Barring Service
<https://www.gov.uk/government/organisations/disclosure-and-barring-service>

Acknowledgements

The present ADMP UK Code of Ethics and Professional Practice is in accordance with the UKCP Ethical Principles and Code of Professional Conduct (2009) and informed by the following codes: ADMP UK Code of Professional Practice (2010), EADMT Ethical Code (2010), EABP Ethical Guidelines (2006), BADTH Code of Practice (2005).

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