

## Ethical Dimensions of Psychotherapy in Quebec

<b>Instructor:</b> Dr. Bitá Sharifzadeh, OPQ # 10884-07  <b>Email:</b> info.elite@dbn.life	<b>Class Instruction:</b>  Online at the student's own pace.  Students can expect to devote 2 hours of personal time (e.g. course readings, exam prep, research) for every 1 hour of in-class work.
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### Important Notes:

Please verify that the course satisfies the requirements that you require to receive your psychotherapy permit.

### Course Syllabus

#### **Course Description and Clientele:**

Psychotherapists wishing to obtain a psychotherapy permit with the Ordre des Psychologues du Québec. The course is 30 hours (2 credits) and will be available online on the [DBN Elite](#) website. The course must be completed within 6 months of purchasing it.

#### **Problem & Need:**

As mental health practitioners, we are faced with challenging dilemmas that bring about ethical concerns on a regular basis. We also carry a great responsibility towards our client's well-being and there are times that the client's best interest is not that easily identifiable, as competing factors may present themselves. For this reason, it is imperative that we develop skills to enhance ethical decision making. Doing so protects ourselves, our profession, our clients, and the public. Considering the importance of this topic and the fact that this class has only been offered in French in the province of Quebec, we are proud to announce that DBN Elite is the first to make this class available also to our English speaking colleagues. At DBN Elite we favor aristodemocratic scientific practices intended to bring about paradigm shifts akin to the Copernican and Newtonian revolutions, offering courses in many languages to ensure the best possible client outcomes and ethical practices is one of these paradigm shifts.

In this course, we will delve into the *Code of Ethics* of the Ordre des Psychologues du Québec (OPQ). Using the Canadian Counselling and Psychotherapy Association (CCPA) *Standards of Practice* as a guide, we will discuss ethical behaviour in daily professional practice, as well as

less common and emerging ethical dilemmas in working with a variety of populations and contexts. Students will learn to engage in and reflect on ethical decision-making processes. The course will conclude with a section on the clinical application of ethics as it relates to note taking.

## **Trainer:**

Dr. Bitá is a Clinical Psychologist with over 20 years of experience in treating individuals, couples, and families. She holds a doctoral degree in Clinical Psychology from Concordia University as well as a postdoctoral degree in Psychopharmacology from Alliant University. Her specialties include the treatment of depression, anxiety, trauma, and OCD, amongst others. Her preferred modalities are CBT, mindfulness, and sensorimotor psychotherapy.

## **Learning Objectives**

Upon the successful completion of this course, students will be able to:

1. Interpret the Ordre des Psychologues du Québec ethical code and apply its regulations to conflicts and situations in a clinical setting.
2. Recognize the limitations of the code of ethics and develop the ability to diverge from the outlined standards in a professional and appropriate manner.
3. Define and uphold the academic and professional qualifications deemed necessary to become a member of the OPQ.
4. A better understanding of the level of detail that should be included in an evaluation summary and SOAP notes from an ethical perspective.

## **Lectures**

Course lectures will be available online. Each of the lectures will cover different aspects of Quebec's code of ethics and its application.

## **Required Readings**

Cameron, S. & Turtle-Song, I., (2002). Learning to Write Case Notes Using the SOAP Format. *Journal of Counselling & Development*, 80, 286-292.  
<http://faculty.coe.uh.edu/arbona/courses/PHLS7393/Readings/Case%20%20notes%20%20Cameron%2002.pdf>

Legis Quebec (2020). *Code of Ethics of Psychologists*.

[http://legisquebec.gouv.qc.ca/en/showdoc/cr/C-26,%20r.%20212?langCont=en#ga:l\\_vii-h1](http://legisquebec.gouv.qc.ca/en/showdoc/cr/C-26,%20r.%20212?langCont=en#ga:l_vii-h1)

Lehr, R., Martin, L., Shepard, B., (2015). *Canadian Counselling and Psychotherapy Experience: Ethics-Based Issues and Cases*. Canadian Counselling and Psychotherapy Association

Canadian Counselling and Psychotherapy Association (2015). *Standards of Practice: Fifth Edition*. Canadian Counselling and Psychotherapy Association.  
[https://www.ccpa-accp.ca/wp-content/uploads/2015/07/StandardsOfPractice\\_en\\_June2015.pdf](https://www.ccpa-accp.ca/wp-content/uploads/2015/07/StandardsOfPractice_en_June2015.pdf)

Wright, J.A. (2020). *Conducting Psychological Assessment: A guide for practitioners*. Hoboken: Wiley

## **Additional Resources**

Cummings, J. A. and Sanders, L. (2019). *Introduction to Psychology*. Saskatoon, SK: University of Saskatchewan Open Press.

Canadian Psychology Association (2017). *Canadian Code of Ethics for Psychologists*.  
[https://cpa.ca/docs/File/Ethics/CPA\\_Code\\_2017\\_4thEd.pdf](https://cpa.ca/docs/File/Ethics/CPA_Code_2017_4thEd.pdf)

American Psychological Association (2017). *Ethical Principles of Psychologists and Code of Conduct*. <https://www.apa.org/ethics/code/>

## **Course Evaluation**

In order to assess your understanding of the material presented in the course, you will be submitting three assignments: two in case study assignments and one derogation assignment. Additionally, you will complete a final exam. The three assignments will be graded based on the pass or fail system, a pass defined as a grade of 75%.

- **Case study assignment:** The assignment will be composed of three case studies based on the topics covered in the course. Students will be required to respond to each case study in 300-400 words. Each response should adhere to the following structure:
  - Identify the ethical dilemma
  - Identify both sides of the conflict and notable considerations
  - Provide a detailed resolution
  - Identify the steps required to prevent the recurrence of such a dilemma
  - Cite the relevant codes that apply to the case

The assignment will be worth 15%

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- **Derogation assignment:** This assignment will require students to provide derogations for a variety of articles outlined in the code of ethics. There will be a total of 30 codes provided and students will have to describe a derogation for each one in 25-50 words. Each response should adhere to the following structure:
  - Identify a reasonable exception
  - Adequately justify the derogation

This assignment will be worth 15% of your final grade.

- **Exams:**
  - Midterm: Students will complete an exam composed of 25 questions based on the first half of the course.
  - Final: Students will complete a final exam composed of 35 questions based on the second half of the course.

In both exams, all questions will be true or false and multiple choice. The midterm exam is worth 30% of your final grade and the final exam is worth 40%.

Breakdown of evaluations:

Case Study Assignment	15%
Derogation Assignment	15%
Midterm Exam	30%
Final Exam	40%
Total:	100%

## Course Schedule

<i>Lecture</i>	<i>Topics</i>	<i>Suggested Readings</i>
<b>Part 1: OPQ Code of Ethics</b>		
1	<b>Introduction and Overview of Terms</b>	Lehr & Shepard: pages 1-23  Code of Ethics of Psychologists Chapter 1  Code of Ethics of Psychologists Chapter 2



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	<p><b>Writing Letters</b></p> <ul style="list-style-type: none"><li>- Letter to physician</li><li>- Letter requesting accommodation</li><li>- Letter requesting leave of absence</li></ul> <p><b>SOAP Notes</b></p> <ul style="list-style-type: none"><li>- Subjective</li><li>- Objective</li><li>- Assessment</li><li>- Plan</li></ul>	<p>Cameron &amp; Turtle-Song (2002): pages 286-292</p>
***	<b>Submit Derogation Assignment</b>	***
***	<b>Final exam</b>	***

## Hours Breakdown

### *In-Class*

Task	Number of Hours
Lecture Time	9 hours
Lecture Readings	18 hours
Exams (Midterm & Final)	3 hours
<b>TOTAL IN-CLASS TIME</b>	<b>30 hours</b>

### *Outside of Class*

Task	Number of Hours
Assignments	20 hours
Textbook Readings	30 hours
Final Exam Prep	10 hours
<b>TOTAL OUT OF CLASS TIME</b>	<b>60 HOURS</b>

<b>TOTAL COURSE</b>	<b>90 hours (2 credits)</b>
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