

Strategies for Addressing Ethical Challenges in Counseling and Psychotherapy

Nafiseh Hoseini Biyouki* | Kiumars Farahbakhsh** | Hossein Salimi Bojstani***
| Masoumeh Esmaeili****

Abstract

This study examines strategies for addressing ethical challenges in counseling and psychotherapy from the perspective of counselors. The research methodology is qualitative, utilizing a phenomenological approach. The study's population consisted of counselors with at least five years of experience and a minimum educational qualification of a master's degree. The participants were selected using theoretical and purposive sampling methods. Data were collected through in-depth semi-structured interviews with 20 counselors from various specialties. The collected data were analyzed using Colaizzi's method. After analyzing the data, 47 sub-themes and 5 main themes were identified: (1) external supportive resources, (2) internal supportive resources, (3) internal controlling factors, (4) external controlling factors, and (5) conflict identification. The findings reveal strategies that counselors consider effective when facing ethical challenges, which can be utilized to address such challenges within this group.

Keywords

Ethical challenge, strategy, psychotherapy, counseling.

* Ph.D. Candidate, Counseling Department, Allameh Tabataba'i University, Tehran, Iran. | nafiseh_hosseni@atu.ac.ir

** Associate Professor, Counseling Department, Allameh Tabataba'i University, Tehran, Iran. (Corresponding Author) | farahbakhsh@atu.ac.ir

*** Associate Professor, Counseling Department, Allameh Tabataba'i University, Tehran, Iran. | H.salimi.b@gmail.com

**** Professor, Counseling Department, Allameh Tabataba'i University, Tehran, Iran. | m.esmaeili@atu.ac.ir

