

Program Policy on Self-disclosure and Self-growth educational activities

The American Counseling Association Code of Ethics (2014) states in code F.8.c (Self-Growth Experiences) and F.8.d. (Addressing Personal Concerns) that:

Self-growth is an expected component of counselor education. Counselor educators are mindful of ethical principles when they require students to engage in self-growth experiences. Counselor educators and supervisors inform students that they have a right to decide what information will be shared or withheld in class.

Counselor educators may require students to address any personal concerns that have the potential to affect professional competency.

Consistent with the ACA Code, the Master's in Counseling MA Program is informing prospective and current MA students of our approach to self-disclosure of personal information in the course of your Master's training.

A major goal of our graduates is to demonstrate core professional identity as counselors in science, practice, teaching, supervision, and other roles. Core values of counseling include understanding contextual and cultural influences, holding a strength-based, social justice approach, understanding self and others as being shaped by cultural diversity, and demonstrating capacity to engage in reflective practice. We believe that self-awareness of attitudes, values, and beliefs toward diverse others and the ability to continually reflect on one's own personal and interpersonal dynamics are critical to the development of effective professional skills and identity.

Towards this aim, students will be asked to engage in a process of personal exploration with their supervisors and trainers in their clinical practice classes and/or internship settings. Some courses also require completing assignments that involve self-disclosure and self-reflection about personal history and cultural identities. Although contents of self-disclosure will not be used as a basis for grading, students may be evaluated on their capacity to engage in self-reflective processes that are critical to professional development and practice. Please also note that should a student disclose information indicating impairment or the potential for harm to clients, the faculty may take appropriate action in accordance with the ACA Code of Ethics (2014) Sections C.2.g, F.8.c, and F.8.d .