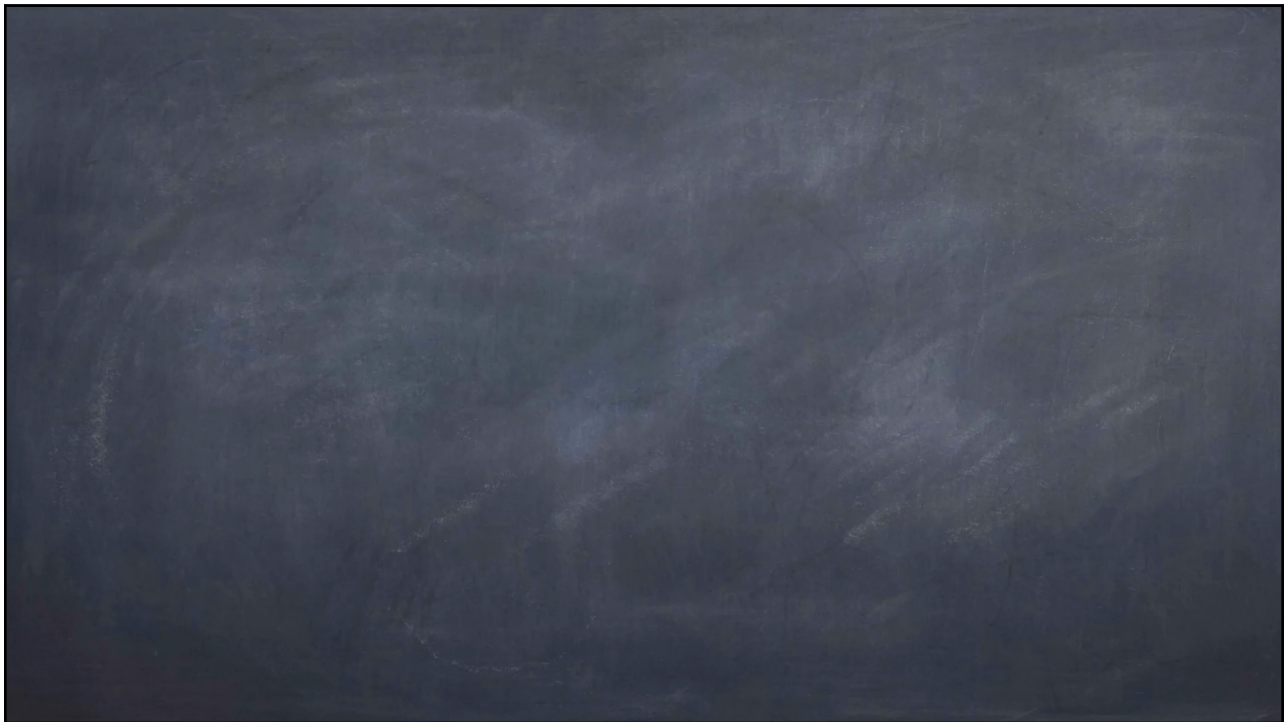


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2

Objectives



Identify the Components of the Ethical Courage Decision Making Model

Recognize how body gestures and sensations provide a signal when faced with ethical dilemmas

Understand ethical limitations of technology when providing clinical services

3

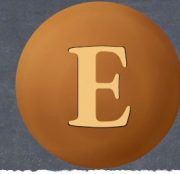
Notice Through Self Care



- | | |
|------------------------------|----------------------------|
| 1) Notice Issue Arising | 6) Choose Ethical Response |
| 2) Self-Regulation | 7) Develop Action Plan |
| 3) Identify Issue | 8) Re-Self-Regulate |
| 4) Deliberation of Issue | 9) Take Action |
| 5) Assess Multiple Variables | 10) Evaluate Outcome |

4

Notice Through Self Care



Calm and Soothe Self
 Cultivate Resilience
 Sleep / Nutrition / Exercise
 Permission Slip to Rest
 Play
 Include Humor in Life

5

Self Regulation



Being Stuck - Movement
 Dysregulated - Ground Self
 Calm Parasympathetic Nervous System
 Somatic Awareness
 Trust Your Body
 3 R's - Reframe, Replace, Rewire

6

Identify - Name It

Be Transparent / Avoid Passive Aggressive Power Struggles

Address Concerns Early On

Prioritize issues

Discern What Is Modifiable



7

Deliberation



Consultation With Colleagues

Supervision

Role Playing Scenarios

Realistic Options Free of Distractions?

What Do I Actually Have Control Over?

Accept Our Work Is Emotionally Draining

Which Ethical Value Is Underlying Outrage?

Can I Involve Professional Organizations?

What Are The Protocols Within The System?

Any Teamates Available For Collaboration?

8

Choose an Ethical Response / Courageous Action

Have The Courage To:

Admit You Don't Know

Admit White Fragility Is A Problem

Hear

Sit With Sadness

Listen & Learn Your Discomforts

Accept What Is Within Your Power

Sit With Discomfort

Discuss Cultural Issues



9

Develop Action Plan

Show Up

Be The Change

Know Your Own Limits

Safeguard Your Own Well-Being By Setting Boundaries

Lead Conversations Regarding Ethics

Harness Energy Into Positive Action



10

Re-Self-Regulate Using Ethical Code

Attune

Breathe Into Ethical Value(s)

Breathe Into Compassion

Breathe Into Self-Compassion

Breathe Into Integrity



11

Take Action

Commit

Move

Speak Up

Do Something



12

Ethical Limitations of Technology

Telehealth Across State Lines

Confidentiality

Culturally Sensitive

Informed Consent

Encrypted Messages

AI & Progress Notes



13

Self-Soothing



14



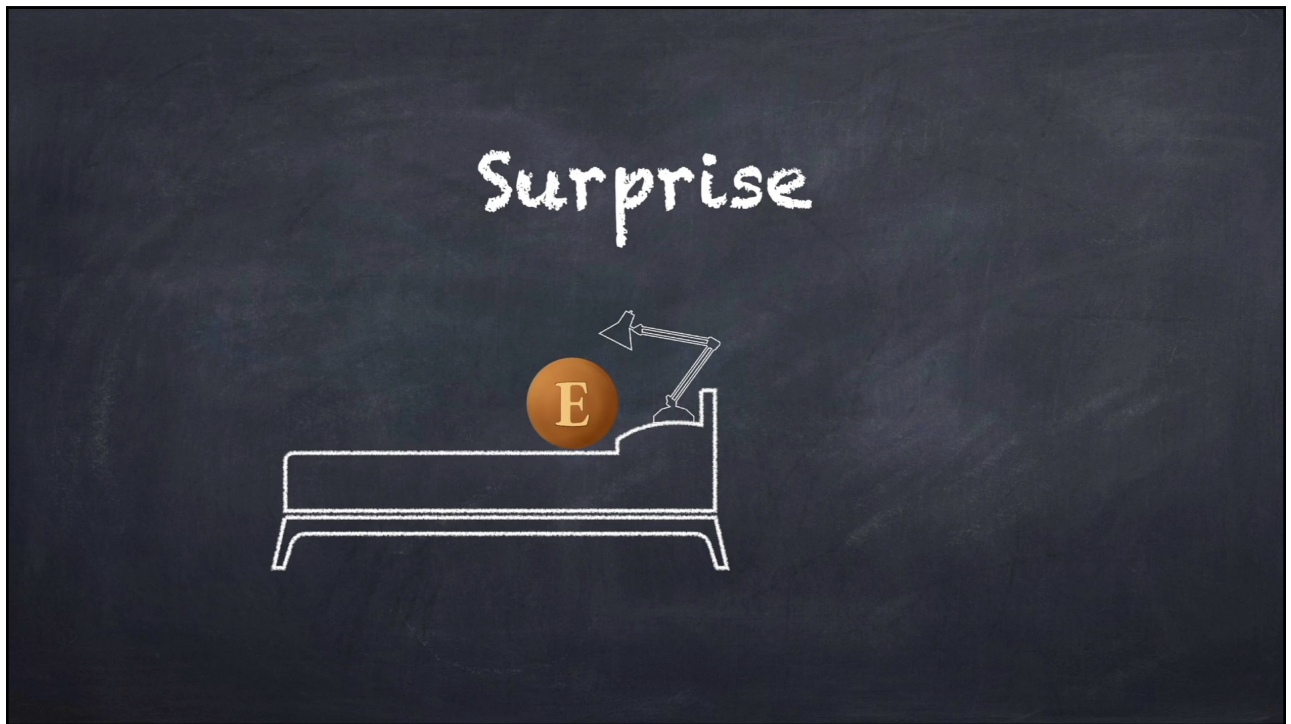
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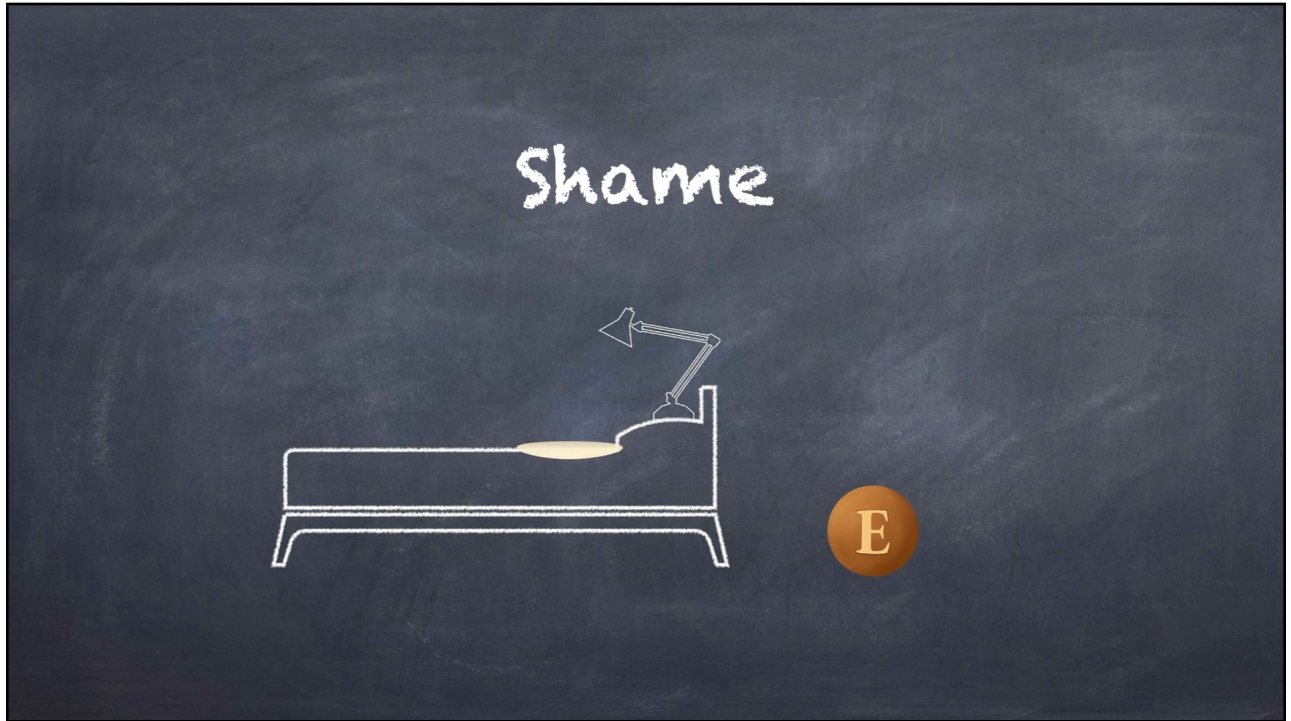
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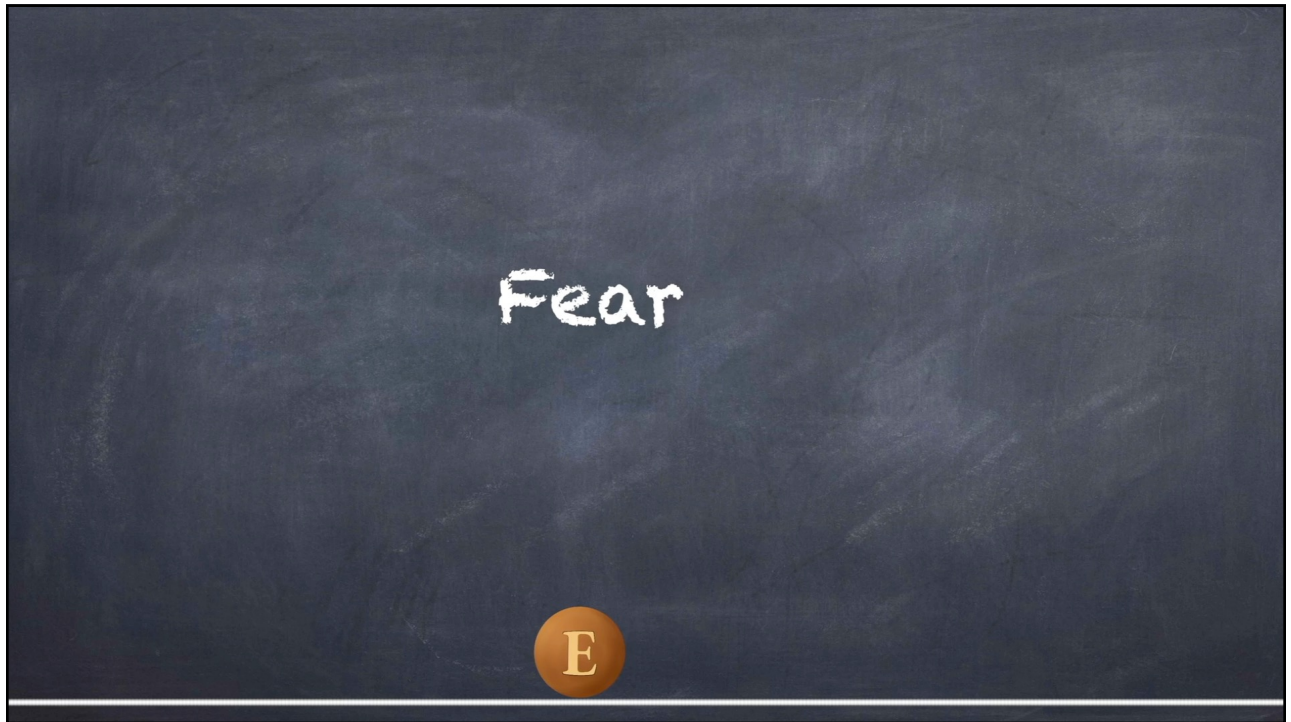
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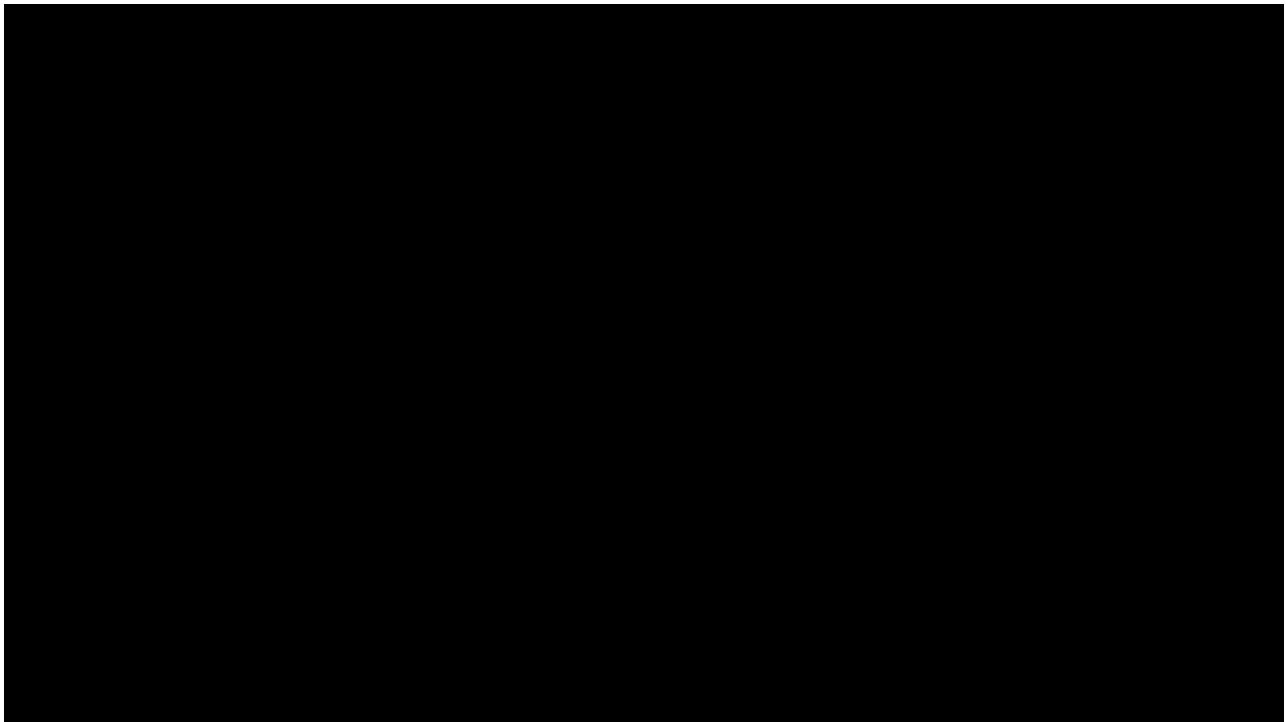
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