

Ethical Dimensions

Cultivating your practice with Compassion, Wisdom and Clarity

Spring 2011

The season of spring is upon us. Spring feels like a blessing for the senses. Our senses feast on the warmth of the sun, the sound of the birds and the cool dirt on our hands. It is important to thank “old man winter” who gives away to the spring. Each season has its gifts and purpose ~ I am grateful for the rhythm of the seasons.

Perhaps some of you have been following me for a while, either through my newsletter or have attended one of my ethics offerings. You may remember I use the circle along with the rhythm of the seasons as a metaphor to illustrate the complexity and richness of the client – therapist relationship.

The Celtic world has always been fascinated with circles. Circles are prevalent in so much of its artwork. The Celtic mind has a wonderful respect for the mystery of the circle. The circle is one of the oldest and most powerful symbols. John O’Donohue writes in his book; *Anam Cara*:

The world is a circle; the sun and moon are too. Even time itself has a circular nature; the day and the year build to a circle. At its most intimate level so is the life of each individual. The circle never gives itself completely to the eye or to the mind but offers a trusting hospitality to that which is complex and mysterious; it embraces depth and height together. The circle never reduces the mystery to a single direction or preference.

John’s words affirm my thoughts and ideas of the circular nature of the client–therapist relationship. Our relationship with our clients has a quality of intimacy, complexity and mystery. The therapeutic relationship embraces depth and richness. His words raise a question within my heart;

Is there a simple and single direction to the study and exploration of ethics?

Please pause and consider this question.

In my experience, the study of ethics is multi-dimensional and so much more. As a teacher of ethics I do not see myself as exclusive or elitist ~ I simply have immense passion for this rich, juicy and complex topic. I often offer my students more questions than give direct answers. There lies immense power in an open question. The very process of questioning can itself teach us openness and wonder. Even questions have a season and rhythm to them. Following are a few questions I would like to ask as

you continue to explore this vast and dynamic topic of ethical development. The following questions are in the context of the therapeutic relationship and the season of spring.

1. What takes place when a seed is put into the ground?
2. You are asked to plant 5 seeds of virtue ~ how would you name the 5 seeds?
3. How do you nurture and develop your interior life ~ your seeds?
4. When is the last time you read the professional code of ethics?
5. Do you have the professional code of ethics posted in your office?
6. What statement best describes your interior code of ethics?
7. How is your interior code made visible?

Our profession has blessed us with an external code of ethics. At times, this code is not enough when making ethical decisions. What more is there to rely upon? We have the opportunity **to create, name and live by an interior code.** This interior code has deep roots that springs forth and offers a clear and solid foundation. This code lives deep within us ~ waiting to be discovered.

I hope the above questions gently invite you into a space of curiosity and wonder. Remember – the answer is often found in the question.

May the season of spring invite you to dance and sing with the tulips!

Something New:

My husband is a photographer. His love is nature. Please feel free to visit his website @ <http://beyondthemindseye.net> . Have fun viewing his photo art and learn how you can become a wholesale customer.

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As always ~ thank you for allowing me into your heart and home.
May we continue to Learn, Grow and live in Peace!