

DMTAC Code of Ethics

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As a certified Dance Movement Therapist and a member of the Dance Movement Therapy Association of Canada, I strive to practice safely, effectively and ethically, to adhere to best practice guidelines in the DMTAC Standards of Practice, and to uphold the following principles:

Autonomy and Dignity of All Persons

To respect the privacy, rights and autonomy of all persons; to reject all forms of harassment and abuse; and to maintain appropriate therapeutic boundaries at all times.

Best Interests of Clients

To respect the welfare and best interests of clients; to work within my skills and competencies; maintain awareness of best practices; use self-disclosure appropriately; and to pursue professional and personal growth throughout my career.

Use of Touch

To ensure consent is sought and given before engaging and that physical contact does not cross boundaries; to ensure consent is collaborative, ongoing and two-way; to ensure client capacity for consent; and to document consent.

Integrity

To openly inform clients about options, limitations on professional services, potential risks and benefits; to be aware of and comply with relevant regulations and laws impacting my professional practice; to recognize and strive to challenge my own professional and personal biases; and to seek consultation on ethical dilemmas.

Social Justice

To strive to support social justice, equity and accessibility in my professional and personal dealings; and to stand against oppression and discrimination.

Diversity, Equity and Inclusion

To recognize and support cultural diversity, equity and inclusion in my professional and personal dealings; to approach cultural understanding with humility; to take accountability if harm occurs and work towards repair; and to actively address barriers that exist to strive towards cultural safety.

Responsible Citizenship

To participate in my community responsibly, always mindful of my role as a trusted professional; and to seek consultation on potential conflicts-of-interest, multiple (dual) relationships, and other personal-professional challenges.

Support for Colleagues

To respect supervisors, colleagues, co-workers, students, and members of other disciplines in the arts, health care and psychology; to supervise responsibly; to work collaboratively and professionally; and to inspire others to excellence.

Responsible Research

To conduct only basic and applied research that potentially benefits society and is within my scope of practice/research, and to do so safely, ethically and with the informed consent of all participants.

The DMTAC Process of Embodied Ethical Decision-Making

The following process is meant as a guide for certified Dance/Movement Therapists to use when faced with ethical dilemmas and needing to make ethical decisions. DMTs are uniquely positioned to employ an embodied approach due to the nature of their training and methodology of practice. The steps are based on Hervey's (2007) recommendations of 9 steps developed by Elizabeth Welfel. It is understood that movement exploration can be used in each of the decision-making steps.

Step 1 - Develop ethical sensitivity to an ethical dilemma by recognizing shifts in our bodily state when confronted with a particular situation. Employ Warren Lamb's attention stage and explore use of space in the horizontal plane.

Step 2 - Define the dilemma and explore through movement the options for resolving the dilemma, by allowing for integration of new information from different sources, including the bodily felt sense. Consider Warren Lamb's intention stage to evaluate options and build a case for support of decisions through the use of weight in the vertical plane.

Step 3 - Refer to DMTAC Professional Standards and any other regulations or policies that may affect the decision and explore in movement.

Step 4 - Search for scholarly writing on ethics to support decision-making process.

Step 5 - Apply DMTAC ethical principles to the situation by exploring in movement each of the principles.

Step 6 - Consult with supervisor and respected colleagues through verbal and nonverbal interaction.

Step 7 - Deliberate and decide on a course of action, and move alone or journal to connect with a clarity of intent before acting on the decision, employing Lamb's committing phase using time in the sagittal plane.

Step 8 - Inform supervisors, implement and document actions taken.

Step 9 - Reflect on the experience in movement.

Hervey, Lenore Wadsworth. (2007). Embodied ethical decision making. *American Journal of Dance Therapy*, 29(2), 91-108.