

## Professional Standards

These come from Council for Accreditation of Counseling and Related Educational Programs.

CACREP standards focus on how counselors are educated and trained, including:

- Developing core counseling skills (assessment, diagnosis, treatment planning)
- Practicing under supervision during practicum/internship
- Demonstrating competence in clinical practice
- Engaging in self-reflection and professional growth
- Understanding diversity, ethics, and professional identity

In short, CACREP ensures counselors are properly prepared and competent to work as a counselor.

## Ethical Standards

These come from the American Counseling Association Code of Ethics. The ACA Code outlines how counselors must behave ethically in practice, including:

### 1. Confidentiality & Privacy

- Protect all client information
- Secure records (including recordings)
- Only share information with proper consent or legal justification

### 2. Informed Consent

1. Clearly explain services, risks, and rights
2. Obtain permission before recording sessions

### 3. Beneficence & Nonmaleficence

- Act in the client's best interest
- Avoid causing harm

### 4. Professional Competence

- Work within your scope of training
- Seek supervision when needed

### 5. Boundaries

- Maintain appropriate professional relationships
- Avoid dual relationships when possible

### 6. Cultural Competence

- Respect and understand clients' diverse backgrounds
- Avoid bias and discrimination

## 7. Record Keeping & Documentation

- Maintain accurate records
- Store and dispose of records securely

CACREP = How you are trained to be a counselor

ACA = How you behave as a counselor