



# **COUNSELOR PROFESSIONAL IDENTITY**

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# Learning Outcomes

- **Students will understand counselor identity definition why it is important.**
- **Students will have an accurate definition of counseling.**
- **Students will understand the origin and purpose of the American Counseling Association (ACA).**
- **Students will become familiar with the ACA Code of Ethics and its Five principles.**

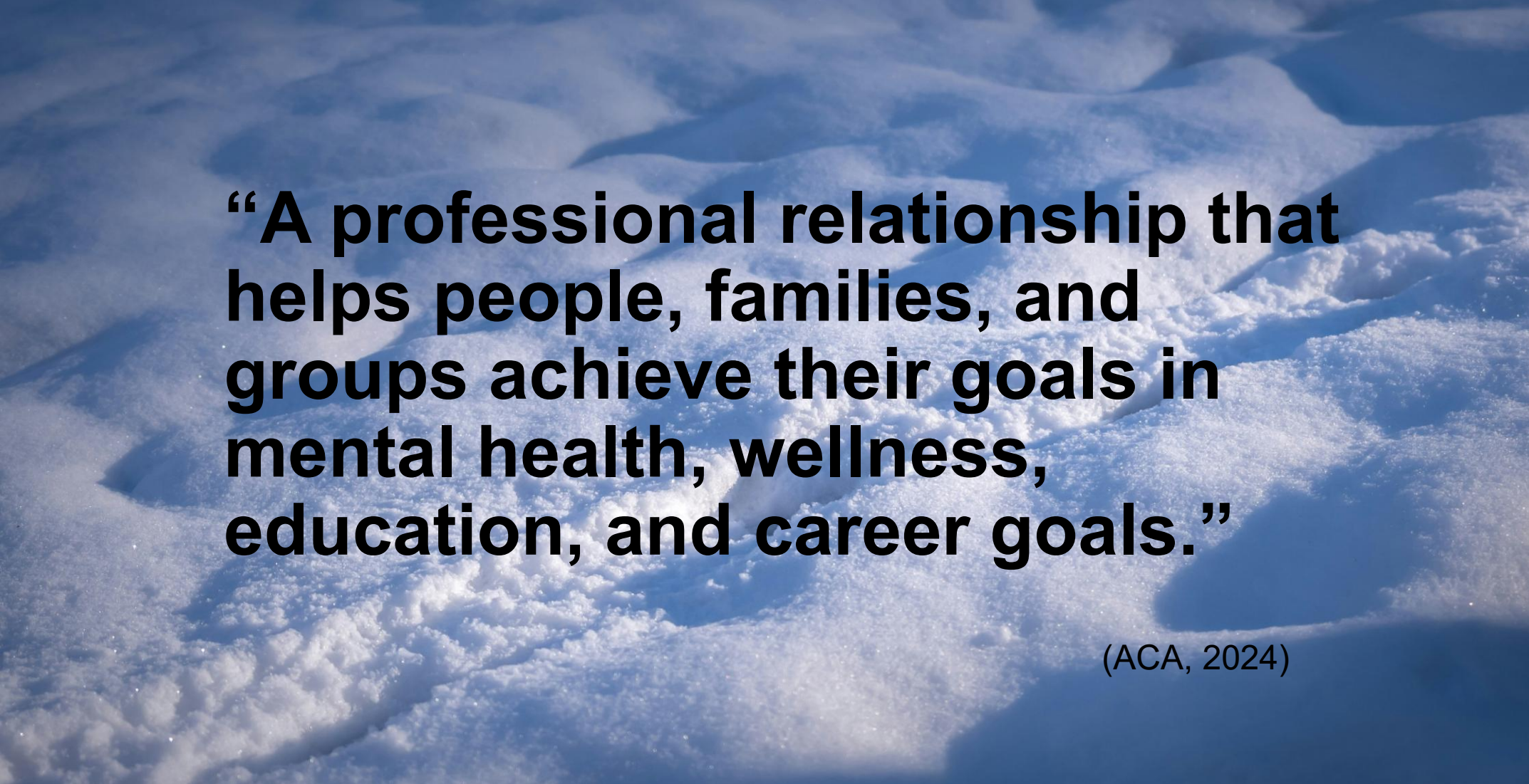
# **What is Your Understanding of Professional Counselor Identity?**

**Counselors are graduate-level, credentialed, mental health professionals who assist individuals, families, and groups with mental, behavioral, and emotional issues.”**

**American Counseling**



# ACA Definition of Counseling

An aerial photograph of a vast, snow-covered mountain range. The peaks and ridges are covered in a thick layer of white snow, with deep shadows in the valleys. The sky is a clear, pale blue. The overall scene is serene and majestic.

**“A professional relationship that helps people, families, and groups achieve their goals in mental health, wellness, education, and career goals.”**

(ACA, 2024)

# Who is the American Counseling Association?

- Founded in 1952
- Non-Profit Organization
- Largest counseling organization
- Mission: Enhance society through supporting counselor development
- Offers education, community, and counselor development opportunities
- 2014 ACA Code of Ethics

(ACA, 2024)

# 2014 ACA Code of Ethics

ETHICAL GUIDELINES

BENEFICENCE

AUTONOMY

NONMALEFICIENCE

JUSTICE

FIDELITY

# Five Principles of the ACA Code of Ethics

- **Autonomy**
  - Freedom of Choice and Action
  - Encouragement to make Decisions and Act on Values
- **Justice**
  - Treat All Individuals the Same????
  - Rationale for different Treatment
  - E.G. Deaf Client
- **Beneficence**
  - To Protect
  - Prevent Harm If Possible
  - Support Well-being and growth
- **Nonmaleficence**
  - Cause No Harm
  - Activity Engagement Affects Client and Community
- **Fidelity**
  - Loyalty, Honor of Commitments, and Faithfulness = Growth

(ACA, 2024}

**What Did You Learn From  
Today's Class?**



# Muddiest Point

1. Write down one comment, or thought, that you had from the class today.
2. Submit it to the class' Team's folder that has been created.
3. These comments or thoughts will be discussed at the beginning of class next week.

**Questions?**

## References

American Counseling Association. (2014). *ACA Code of Ethics*. Retrieved from

American Counseling Association:

<https://www.counseling.org/resources/aca-code-of-ethics.pdf>

American Counseling Association. (2024). *Who we are*. Retrieved from American

Counseling Association: <https://www.counseling.org/about/who-we-are>