Ethics and Professional Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Ethics and Professional Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “Ethics and Professional Foundations” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Ethics and Professional Foundations” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Ethics and Professional Foundations

Clinical skill keeps clients safe inside sessions; professional discipline keeps them safe everywhere else. Ethics, boundaries, confidentiality and records are not administrative extras but the load-bearing structure of trustworthy practice, and every practitioner must own them personally. This course teaches that structure from the ground up.

The first module teaches the shared ethical core that underlies the BACP, UKCP, HCPC and BPS frameworks alike, the principles of autonomy, beneficence, non-maleficence, justice and fidelity, and how to reason with them when they collide, then turns to boundaries as the protective frame: time, place, money, touch, self-disclosure and dual relationships, with the drift patterns that precede most serious breaches. The second module covers confidentiality and its real limits, consent as a process rather than a signature, and record-keeping that serves the client, the clinician and the law at once, UK GDPR included.

Full written lessons with key points and practice tasks drawn from realistic dilemmas, with a built-in study tutor throughout. Six hours of CPD, around six months of access, a final assessment, and a personalised certificate on passing. Foundational for trainees; a rigorous refresher for everyone else.

By the end of the course, participants will be able to

- Apply the BACP Ethical Framework's principles and values to everyday clinical decisions
- Explain confidentiality, its limits, and how to discuss both with clients
- Operate informed consent and contracting as ongoing practices, not paperwork
- Recognise and manage dual relationships, gifts, touch and self-disclosure boundaries
- Meet record-keeping and data protection duties under UK GDPR in clinical work
- Use supervision, and know what it is for at this stage of practice

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Principles and boundaries	4	180 minutes
2	Confidentiality, consent and records	5	180 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.