

TYPE

Categories of DUAL or MULTIPLE RELATIONSHIPS Between Psychotherapists & Clients

SOCIAL/COMMUNAL

- Engaging w/clients in local schools, church/synagogue, recreation leagues, markets, etc.

PROFESSIONAL

- Patient is also a colleague, treating doctor, investment advisor, etc.,
- Therapist is also patient's acupuncturist
- Therapist also treats friends of clients

BUSINESS

- Client is also a business partner
- Buying a car from client
- Bartering for services w/clients

INSTITUTIONAL

- Universities, colleges
 - Prisons, jails,
 - Military
- Law enforcement, police
- Post-grad training inst.
- Spiritual communities

FORENSIC

- Therapist as treater & evaluator or as treater & expert

SEXUAL

- Sex between therapist & client

DIGITAL

- Client is also a friend on FB

OTHERS

- Adoption of former client

CHOICE/ OPTIONAL

MANDATED

- Military
- Prisons/jails

UNAVOIDABLE

- Rural
- Small community: LGBT, ethnic, disable
- Rehab community
- Faith community
- Police/law enforcement
- Universities/colleges
- Training institutions

AVOIDABLE/ OPTIONAL

- Big cities
- Large communities w/many therapists to choose from

UNEXPECTED

- Chance encounter
- Unforeseen or unanticipated dual relationships

LEGAL/ ETHICAL

ETHICAL

- Mandated & unavoidable
 - Not exploitative
 - Not harmful
- Not reasonably expected to be exploitative

UNETHICAL

- Exploitative
- Harmful
- Sexual w/current clients
- Sexual w/recently terminated clients
- Therapy w/former lovers
- Treater & custody evaluator

LEGAL

- Mandated
- Non-sexual
- Not exploitative/harmful

ILLEGAL

- Sexual w/current clients
- Sexual w/recently terminated clients

TIMING/ SEQUENCE

CONCURRENT

- Therapy takes place at the same time as other relationships (friends, colleagues, etc.)

SEQUENTIAL

- Therapy takes place before or after the other relationships, i.e.: friendship after termination

INTENSITY of CONTACT

Low

- Sporadic-intermittent social contact

MEDIUM

- Regular or weekly social or institutional contact

HIGH

- Intense social relationships or complex business relationships

COMMON

TYPICAL/Common

- Rural & small communities
- Drug rehab & AA
- Universities, colleges
- Post-grad. training inst.
- Faith community
 - Military
- Prisons/jails
- Sport psychology

ATYPICAL/UNCOMMON

- Large communities w/numerous therapists to choose from

All major *Codes of Ethics* acknowledge that:

- Not all dual relationships are unethical
- "Multiple relationships that would not reasonably be expected to cause impairment or risk exploitation or harm are not unethical." (APA)

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