**Artifact Review and Analysis**

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Sport and Performance Psychology: University of Western States

SPP6570: Capstone

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**Artifact*:*** Distinguish between various ethical codes within the mental health counseling and performance consulting professions, and articulate the rationale for disparities among them.

**Artifact Description:** Purpose is to understand ethical codes that will keep professionals within their own scope of practice. Understanding the main priority when consulting with athletes. Developing my own TOPE style.

**Artifact Objectives:** Becoming a professional, understanding ethical codes, dealing beyond mental performance.

The purpose of these artifact chosen was to determine when a student athlete would need consultant services in sport psychology and when a stigma starts to occur. The reason why I chose these artifacts is because when we are documenting for each session, it’s important to note that if an athlete is dealing with any stigma (depressive, and suicidal thoughts), you’re obligated to bring it up to another professional without breaking confidentiality. Often times when athletes are struggling with their performance, it’s possible their mental state starts to become more depressed.

The artifacts in regarding to the ethical codes when considering confidentiality and documentation, the use of documentation, professionals must document current findings for legal liability (Whelan, 2011). This artifact provides me the opportunity to reflect on a session and consider my treatment plan for the athlete regarding selection of interventions and the rationale for my selections.

Consideration of ethical codes one of the decision-making models that is beneficial which will help me through my future career and growth is Forester-Miller and Davis model. It provides me with all the important principles such as autonomy, beneficence, nonmaleficience, justice, and fidelity. There is a reminder with ethical and performance consulting where privacy should be maintained throughout each session. Often athletes may come to professional and be “vulnerable” where they speak regarding their issues. Some of the issues might have them experiencing a sense of depression or anxiety.

As mental performance consultants in-training and with mental health counselors it’s important to note that it's a reminder to stay within my own scope of practice. According to (ACA Code of Ethics, 2014, pg. 6) describes that one being able to provide services online. That is one of my weak points because of the nature where I can physically see how someone interacts based on their body language.

Potential limitations and challenges with my artifacts are that I may not understand based on my TOPE approach which continuing education courses would be more rationale for a consultation session. When self-reflecting within these artifacts and the ethical codes, I believe that I have a strong knowledge within confidentiality and privacy. One of the things that I should keep in mind especially when dealing with athletes is handling communication with other multidisciplinary especially if an athlete is injured.

To ensure ethical codes were being done correctly, I understood that minors I would need parents’ permission, I would state exactly what I did as a summary with the parent, and having the athlete be the individual to explain to the parents to maintain client-practitioner relationship. One of my strengths with these artifacts was seeking advice from a supervisor who was willing to guide me to become a better practitioner but to look over me to protect the athletes.

Finally, confidentiality, privacy, and being within your scope of practice is the valuable factors when considering consultation sessions. The capstone experience so far has provided me the opportunity to seek questions and watch videos of how other professionals in the field of Sport Psychology guides their own athletes.

**References**

American Counseling Association. (2014). *2014 Code of Ethics - American Counseling Association*. Retrieved October 12, 2021, from <https://www.counseling.org/resources/aca-code-of-ethics.pdf>.

Whelan, J. (2011). *Ethics code: AASP ethical principles and standards*. ETHICS CODE: AASP Ethical Principles and Standards | Association for Applied Sport Psychology. Retrieved October 13, 2021, from <https://appliedsportpsych.org/about-the-association-for-applied-sport-psychology/ethics/ethics-code/>.