

Name _____

The Therapist's Dilemma

Open-Ended Response Answer Key

1. Dr. Turner likely felt a mix of curiosity, concern, and ethical dilemma when she discovered Claire's secret notebooks. She ultimately decided to address the issue with Claire because of her deep concern for Claire's well-being and the potential danger posed by the disturbing thoughts. Her responsibility as a therapist to ensure her patient's safety outweighed her respect for patient confidentiality in this case.
2. Therapists like Dr. Turner must balance the ethical principles of patient confidentiality with the responsibility to ensure a patient's safety and well-being. They face dilemmas when privacy conflicts with the need to protect a patient or others from harm. They must carefully assess the risk and consider seeking guidance from ethical standards and laws to make informed decisions.
3. Claire benefited from Dr. Turner's decision by receiving support, guidance, and strategies to cope with her disturbing thoughts constructively. She also felt less isolated and had a trusted person to confide in, which likely contributed to her overall improvement in mental well-being.
4. Real-life examples might include therapists dealing with patients expressing intentions of self-harm or harm to others. In such cases, therapists should prioritize safety and consider involving appropriate authorities or support networks while still respecting patient confidentiality to the extent possible. Clear ethical guidelines and laws should be followed to make difficult decisions in the best interest of all parties involved.

