

CAMFT/ACTCF STANDARDS OF PRACTICE

Vision

Marriage & Family Therapists* (MFTs) work with relationships in clinical settings using a unique and dynamic perspective and set of competences. Their professional practice is guided by these Standards of Practice.

* Marriage & Family Therapy (MFT) is the current language in use by the CAMFT/ACTCF. The association is currently preparing for a name change and the MFT language in this document will be updated when that change occurs.

Scope

Marriage and Family Therapy is a specialty within psychotherapy focused on providing systemic and relational therapies. While MFTs are relationship specialists, they are also generalists competent in providing a range of psychotherapeutic services. It is our belief that working therapeutically with relationships requires specific knowledge and training as well as general competences in psychotherapy.

These Standards of Practice are meant to outline the professional guidelines for the delivery of Marriage and Family Therapy in Canada for the members of the CAMFT/ACTCF.

Such practitioners may be known as:

- Relational and Family Therapists
- Marriage & Family Therapists
- Couples' Counsellors
- Family Therapists
- Parenting Specialists
- Relationship Therapists
- Etc..

Relationship between the CAMFT/ACTCF's Standards of Practice, Code of Ethics and Professional Competence

These CAMFT/ACTCF Standards of Practice are seen as the operationalizing of the CAMFT/ACTCF Code of Ethics and the CAMFT/ACTCF Professional Competences. They articulate the expectations for professional practice for all CAMFT/ACTCF members.

The CAMFT/ACTCF Code of Ethics outlines the core principles of ethical behaviour in the practice of MFT and describes the range of acceptable and unacceptable behaviours within these principles. We acknowledge this is a robust document and outlines many of the items found in other associations' Standards of Practice.

The CAMFT/ACTCF Professional Competences (as documented in the CAMFT/ACTCF Supervisors' Guidebook and in the CAMFT/ACTCF Accreditation Standards (in process)) outline the expected baseline level for independent practice for MFTs. We view Marriage and Family Therapy as a specialty within the practice of psychotherapy, and therefore we expect MFTs to have the competences listed for the general practice of Psychotherapy as listed in the FACT-BC Entry-to-Practice Competency Profile.

Values

The following overarching values, as presented in the CAMFT/ACTCF Code of Ethics, guide CAMFT/ACTCF members' professional practice:

- Respect for the Dignity of Persons and Peoples. This principle, with its emphasis on inherent worth, non-discrimination, moral rights, and distributive, social, and natural justice, should be given the highest weight, except when there is a clear and imminent danger of bodily harm to someone.
- Responsible Caring. This principle, which should be given second-highest weight, requires competence, maximization of benefit, and minimization of harm and should be applied only in ways that respect the dignity of persons and peoples.
- Integrity in Relationships. MFTs are expected to demonstrate integrity in all of their professional relationships. The values of this principle (e.g., openness, cultural competency, and straightforwardness) might in some circumstances need to be subordinated to the values contained in Principles I and II.
- Responsibility to Society. When the welfare of an individual or group appears to conflict with benefits to society, it is often possible to find ways of working for the benefit of society that do not violate Principles I, II, and III. If this is not possible, the dignity, well-being, and best interests of persons and peoples, as well as integrity in relationships, should not be sacrificed.

Competences in Marriage & Family Therapy

MFTs are required to demonstrate proficiency in the standards of practice for MFT as documented in the CAMFT/ACTCF Accreditation Standards (in process) and the CAMFT/ACTCF Supervisors' Guidebook, as well as general proficiencies in psychotherapy as outlined in the FACT-BC Entry-To-Practice Competence Profile, as well as the standards of the regulatory body of any relevant jurisdiction.

Core Standards of Practice for CAMFT/ACTCF members

- Engage in ongoing reflective practice and supervision/consultation with qualified and experienced members regardless of membership level.
- Abide by CAMFT/ACTCF Code of Ethics; jurisdictional regulations where they exist; and the Canadian Human Rights Act.
- Demonstrate the Competences as outlined in the CAMFT/ACTCF Accreditation Standards (in process) and the CAMFT/ACTCF Supervisors' Guidebook in clinical practice.

Documents Referred to:

CAMFT/ACTCF Code of Ethics

<https://camft.ca/resources/Documents/CAMFT%20-%20ACTCF%20Code%20of%20Ethics%20Feb%202019%20.pdf>

CAMFT/ Supervisor Guidelines

<https://camft.ca/resources/Documents/Supervision%20Guidebook.pdf>

Canadian Human Rights Act

<https://laws-lois.justice.gc.ca/eng/acts/h-6/page-1.html#h-256790>

FACT-BC Entry-to-Practice Competency Profile

<https://factbc.org/download/entry-to-practice-competency-profile-for-counselling-therapists-updated-2019/>