

**INDEPENDENT GROUP
OF
ANALYTICAL PSYCHOLOGISTS**

**CODE OF ETHICS
AND PRACTICE**

Version 007

(January 2026)

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APPENDIX

[1] INTRODUCTION

[1.1] Application of code

(1) This code applies to all members and trainees of the Independent Group of Analytical Psychology Ltd (hereinafter referred to as IGAP) who fall within the following categories:-

- (a) Full members
- (b) Associate members
- (c) Honorary members
- (d) Overseas members
- (e) Retired members
- (f) Advanced training candidates
- (g) Training candidates

(2) For the purposes of this code only, the term 'IGAP member' means any person to whom this code applies.

(3) Provided that nothing in this code shall confer the legal status of membership upon any training candidate or advanced training candidate, or upon any other person who is not otherwise entitled to such status.

[1.2] **Purpose of Code** The purpose of this code is to lay down general principles of ethical practice for the guidance of IGAP members in their work, and to establish minimum standards of professional conduct, and to inform and protect those members of the public who seek their services.

[1.3] **Ethical and professional standards** IGAP members shall seek to establish the highest ethical standards in their work. They are expected to approach their work with integrity, and with the aims of alleviating suffering and promoting the well-being and individuation needs of their analysands. They should endeavour to use their abilities and skills to their analysands' best advantage without prejudice and with due regard to the value and dignity of every human being. All IGAP members are expected to conform to the requirements of IGAP's CPD policy.

[1.4] **Non-discrimination policy** IGAP, and all IGAP members, are committed to following a policy of non-discrimination and non-prejudice on the grounds of race, religion, ethnic or national origin, gender or sexual orientation. IGAP also makes no discrimination on grounds of disability.

[1.5] **Common sense** No code can regulate for all situations. The rules laid down in this code should be interpreted in the light of practical common-sense.

[1.6] **Knowledge of code** It is mandatory that all IGAP members should acquaint themselves with the provisions of this code. They should also familiarise themselves with any other rules laid down by IGAP which pertain to ethical issues.

- [1.7] **Limits of competence** IGAP members should be aware of their own limitations. They shall be careful to restrict their practice within the limits of their own competence and to seek adequate professional consultation or supervision when necessary.
- [1.8] **Relationships with colleagues** IGAP members shall conduct their relationships with colleagues both within and outside IGAP with appropriate respect and courtesy. They shall not falsely or maliciously speak ill of colleagues in such a way as to damage their personal or professional reputation. Provided that nothing in this provision shall impede the making or investigation of a complaint or grievance, or the making of any statements that are necessary to the bona fide conduct of IGAP's affairs.
- [1.9] **Misconduct by others** If an IGAP member has clear evidence of another IGAP member's professional misconduct, and if after consulting the latter no resolution is found, it is the former's responsibility to inform the Chair of the Ethics Committee.
- [1.10] **Personal health** IGAP members shall take personal responsibility for maintaining their own physical and mental health and, where necessary, seeking medical or analytical help.
- [1.11] **Further training** IGAP members shall take personal responsibility for undertaking supervision and continuing professional development as specified in IGAP's policy.
- [1.12] **Administrative staff** All administrative staff employed by IGAP shall be asked to sign a written declaration undertaking to treat as strictly confidential any information about members of the society, or their analysands, to which they have access in the course of their work.
- [1.13] **Breach of code** A breach of any of the provisions of sections 2–4 (inclusive) of this code constitutes an offence of Professional Misconduct which may give rise to a complaint under either UKCP's Complaints and Conduct Process or IGAP's Complaints Procedure Code and which may, upon conviction, give rise to the imposition of sanctions.
- [1.14] **Gross Professional Misconduct** Whether or not an offence of Professional Misconduct is so serious as to constitute an offence of Gross Professional Misconduct is a question for adjudication upon the facts of each case in accordance with the procedures laid down in both Complaints Codes named above. Conviction of an offence of Gross Professional Misconduct may give rise to the imposition of more serious sanctions, including suspension or expulsion.

[2] RESPONSIBILITIES TO ANALYSANDS, SUPERVISEES AND CANDIDATES

- [2.1] Terms and conditions** IGAP members shall make clear to their analysands at the beginning of treatment the terms, fees and conditions under which treatment is offered, and ensure that as far as possible these are maintained. Such terms and conditions may subsequently be varied by mutual consent.
- [2.2] Qualifications** IGAP members are required to disclose their qualifications when requested and shall not claim, or imply, qualifications which they do not possess.
- [2.3] Professional boundaries** IGAP members shall not take advantage of or exploit the dependent nature of the analytic relationship, current or past, for example with regard to fees, sex, or in any other respect.
- [2.4] Financial dealings** Financial dealings with analysands and supervisees shall always be restricted to matters concerning professional fees. IGAP members should decline any gifts, money or hospitality that might be interpreted as exploitative.
- [2.5] Sexual relationships** IGAP members shall not invite or enter into sexual relations with any of their own analysands or supervisees.
- [2.6] Social contacts** During therapy restraint should be exercised with regard to social contacts with analysands. After termination the IGAP member should keep in mind the possible continuation of transference feelings and therefore use discretion in any social contact. IGAP members should act in a way which upholds the profession's reputation and promotes public confidence in the profession and its members, including outside of their professional life as an IGAP practitioner.
- [2.7] Physical violence** IGAP members shall not use physical violence against analysands. In exceptional circumstances, however, it may be necessary for an IGAP member to restrain an analysand physically.
- [2.8] Safeguarding** IGAP members should be fully conversant with UKCP's published policies and guidelines, in particular those on Safeguarding and on the Memorandum of Understanding on Conversion Therapy. They should recognise their legal responsibilities concerning their rights and take appropriate action should they consider any person at risk of harm.
- [2.9] Indemnity insurance** All practising IGAP members are required to ensure that their professional work is covered by adequate indemnity insurance, valid in any country in which they practise, so that they are in a position to meet any justifiable legal claim that an analysand may make against them.

- [2.10] **Professional competence** IGAP members should not attempt to carry out their professional activities when they are no longer able to do so competently. For example, they should not conduct analysis when (a) under the influence of drink or drugs, or (b) incapable of exercising adequate skill and judgement owing to physical or psychological illness or ageing. If in doubt about their ability to practise competently they should seek appropriate supervision and/or medical advice.
- [2.11] **Social media** Any communication in which an IGAP member takes part, in particular participation in social media, should be carried out in a manner consistent with this Code.
- [2.12] **Accommodation** IGAP members should provide suitable accommodation and conditions for working with their analysands.

[3] **CONFIDENTIALITY**

- [3.1] **Confidentiality** The analysand's right to confidentiality and anonymity is of the utmost importance. This means that IGAP members shall take all reasonable precautions:-
- (a) to protect their analysands' anonymity, and
 - (b) to treat their analysand's communications as strictly confidential and not disclose them to a third party.

This rule is subject to any exceptions necessitated by the provisions of this code, or by virtue of clinical or legal necessity.

- [3.2] **Exceptions** Exceptions to the above rule would include:-
- (a) Where, in accordance with accepted good practice, IGAP members review the treatment of analysands from time to time with professional colleagues in individual or group supervision.
 - (b) Where exceptions have to be made, in accordance with accepted good practice, in the conduct of analysis of children.
 - (c) Where IGAP members find it necessary to break confidentiality in order to prevent harm to an analysand or to others, or in the extra-analytical management of analysands who are a danger to themselves or others.
 - (d) Where a court orders disclosure of confidential material.
 - (e) Where IGAP members find it necessary to break confidentiality in order to defend themselves against professional complaints brought against them under either UKCP's Complaints and Conduct Process or IGAP's Complaints Procedure Code, or in civil proceedings, or elsewhere.

- (f) Where IGAP members are required to give information to solicitors or professional insurers.
- (g) Where exceptions are required by the law of the country in which the analysis is conducted.
- (h) Where IGAP members make arrangements for Clinical Executors to access client data in accordance with the provisions set out in para 3.11 below.
- (i) Where an analysand's right to confidentiality and anonymity is waived or varied by consent. This should be in written form wherever possible.
- (j) In any instance of providing information for judicial or administrative proceedings, IGAP members should consider obtaining legal and ethical advice, and also consider the potential impact that this could have on the commitment of confidentiality to the client, even when client consent is given.

[3.3] **Children at risk** IGAP members are required to break confidentiality and to inform the relevant authorities in cases in which children are put at risk, for example by sexual or physical abuse or neglect. See point [2.8] above on safeguarding.

[3.4] **Restrictions on permitted disclosure** Where an IGAP member is intending to break confidentiality for any permitted reason, the disclosure should be restricted to relevant information, conveyed only to appropriate people and for appropriate reasons likely to alleviate the exceptional circumstances.

[3.5] **Supervision** Where IGAP members review the treatment of an analysand in supervision with professional colleagues they shall:-

- (a) Exercise the utmost discretion and respect for the analysand's material.
- (b) Take all reasonable precautions to preserve the analysand's right to anonymity and to disguise any information by which the identity of the analysand might be identified.
- (c) Be satisfied that any professional colleagues hearing the material will treat the material confidentially according to rules similar to the ones which they themselves are bound by.

[3.6] **Case material** With regard to all case material discussed in colloquia, seminars, lectures, supervision or private discussions, IGAP members receiving such material shall apply the same rules of confidentiality as they would with regard to material from their own analysands.

[3.7] **Discussion with analysand** Where an IGAP member is intending to break confidentiality without consent under the exception outlined in paragraph 3.2(c) above the intended disclosure shall wherever reasonably practicable be discussed with the analysand in advance.

- [3.8] **Medical welfare** Responsibility for an analysand's medical welfare shall be held by a medically qualified person. If an IGAP member judges that medical advice, consultation or possible treatment is needed, the analysand should be informed. If the analysand cannot implement this medical contact unaided then the analyst should ask for the analysand's consent to contact a relevant medical professional on the analysand's behalf.
- [3.9] **Contact with other professionals** IGAP members should always consider the analysand's best interests when making appropriate contact with the analysand's medical doctor, relevant psychiatric services, or other relevant professionals.
- [3.10] **Commission of crimes** An IGAP member who becomes aware of the commission of a crime by an analysand shall inform the analysand of the legal implications. If a court orders a disclosure, or if an analysand gives express consent, then an IGAP member may disclose such information as is deemed to be necessary.
- [3.11] **Appointment of Clinical Executors** All IGAP members, with the exception of those who are exempt (see paragraph 3.12 below), are required to appoint clinical executors. They should ensure that:-
- (1) They appoint two clinical executors consisting of either (a) one professional colleague plus spouse/partner, or (b) two professional colleagues.
 - (2) They notify the names and addresses of their clinical executors to: (a) the IGAP office, and (b) their next-of-kin. These notifications should be updated as and when required.
 - (3) The clinical executors are supplied with standing instructions which come into operation in the event of the IGAP member's incapacity owing to illness, injury or death.
 - (4) The standing instructions provide the clinical executors with sufficient information to enable them:-
 - (a) to access the confidential names and addresses of the IGAP member's analysands in order to be able to contact them and inform them of the IGAP member's incapacity,
 - (b) to supply (if requested and if practicable) the analysands with the names and contact details of suitable alternative therapists,
 - (c) to access the IGAP member's confidential client notes, files and other data (including computer data) and to dispose of them confidentially and safely.
 - (5) The clinical executors are clear that they are under an obligation to treat all client data as being strictly confidential, and to deal with it in accordance with the IGAP member's reasonable

instructions wherever possible.

- (6) The standing instructions are updated as and when required.

[3.12] **Applicability of paragraph 3.11**

- (a) The following are obliged to comply with paragraph 3.11 (but may claim exemption from the IGAP office by sending a signed declaration that they are not working with analysands or clients in the UK):-
- Full members
 - Associate members
 - Advanced training candidates
- (b) If exemption has been claimed under (a) above and no longer applies, this must be notified to the IGAP office as soon as possible.
- (c) The following are automatically exempt from complying with paragraph 3.11 (unless they are working with analysands or clients in the UK):-
- Retired members
 - Training candidates
 - Honorary members
- (d) Overseas members are expected to comply with paragraph 3.11. However, provided that they are not working with analysands or clients in the UK, they are automatically exempt from the requirement to notify the IGAP office of the names and addresses of their clinical executors.
- (e) Anyone falling within the categories of membership referred to in paragraphs (b), (c) and (d) above who is working with analysands or clients in the UK is under a duty to notify the IGAP office of this fact. In the absence of any such notification IGAP will assume that they are not so working.
- (f) It is not open to any IGAP member to argue that they do not have to comply with paragraphs 3.11 and 3.12 on the grounds that their analysands or clients are ‘non-IGAP’ analysands or clients, or otherwise outside of IGAP’s auspices.

[3.13] **Publication** IGAP members are required to safeguard the welfare and anonymity of analysands when any form of publication of clinical material supplied by them is being considered and to obtain their written consent for such purposes whenever possible.

[3.14] **Research** An analysand’s written consent shall be obtained before starting any research in which the analysand may be involved. It is necessary to clarify with analysands the nature, purpose and conditions of the research.

- [3.15] **Death of analysand** Should an analysand die, the analysand's communications and material remain confidential. Except as may be required by law, these must not be passed on to the next-of-kin, or to any relative, or personal representative of the analysand, or to any other third party, unless the analysand has left specific instructions for this to happen.
- [3.16] **Disclosure to analysands** The limits of confidentiality and the circumstances under which it might be broken to specific third parties should be disclosed to analysands if requested.
- [3.17] **Data protection** IGAP members who keep notes about analysands, whether in writing or on computer, are required to comply with any statutory regulations which may be in force in any country in which they practise. Those who are in practice in the UK are required to comply with the requirements of the General Data Protection Regulation Act (2018). This includes requirements: (a) to register under the Act and (b) to inform their analysands that they may be keeping notes about the work undertaken with them.

[4] **RESPONSIBILITIES TO COLLEAGUES**

- [4.1] **Detrimental behaviour** IGAP members are required to refrain from any behaviour that may be detrimental to the profession, to colleagues or to trainees.
- [4.2] **Dual treatment** An IGAP member should not knowingly treat an analysand who is in concurrent treatment with a colleague unless satisfied that the colleague is aware of the situation and consents.
- [4.3] **Disclosure of offences** IGAP members are required to inform the Chair of the Ethics Committee and the UKCP if any complaint is upheld against them in any other professional organisation of which they are a member, if they are convicted of any criminal offence (other than a traffic offence), or if successful civil proceedings are brought against them in relation to their work.
- [4.4] **Public statements** IGAP members shall not make any explicit or implicit claims to be speaking for IGAP unless specifically authorised so to do.
- [4.5] **Complaint Proceedings** IGAP members who face complaint proceedings under either UKCP's Complaints and Conduct Process or IGAP's Complaints Procedure Code shall comply with all lawful requirements made of them under these codes. Failure to do so will constitute an offence and will render the IGAP member liable to further complaint proceedings for breach of this provision.

[5] **ETHICS COMMITTEE**

- [5.1] **Composition** The Ethics Committee is a Standing Committee and shall consist of at least three senior members of IGAP.
- [5.2] **Chair** The Chair of the Ethics Committee shall be elected from amongst the members of the Ethics Committee in a General Meeting.

- [5.3] **Quorum** A quorum of the Ethics Committee shall be the Chair (or the Chair's delegate) and two members.
- [5.4] **Length of service** No member of the Ethics Committee shall serve for more than five continuous years unless required to stay in post until another member can be co-opted.
- [5.5] **Function** The function of the Ethics Committee is:-
- (a) To examine ethical issues as and when they arise and to give advice and to make recommendations to IGAP.
 - (b) To liaise with other professional bodies concerning questions of ethics and complaints.
 - (c) To receive complaints under IGAP's Complaints Procedure Code and to carry out any duties laid down in the Complaints Procedure Code as and when required, or to pass a complaint on to be handled by UKCP's Complaints and Conduct Process
 - (d) To review as and when necessary the Code of Ethics and Practice, IGAP's Complaints Procedure Code and the Procedure for Grievances or Complaints by Training Candidates and any other similar rules or documents pertaining to ethical issues and complaints.
 - (e) To provide members willing to chair or sit, alongside others as required by IGAP's Complaints Procedure Code, on Complaints panels, Appeal panels, Committees of Inquiry for the Investigation of Grievances and Complaints by Training Candidates, and any other similar bodies, as and when required.
 - (f) To carry out any such other related functions as may be considered appropriate.
- [5.6] **Power to co-opt** The Ethics Committee shall have the power to co-opt individuals from inside or outside IGAP, or to take advice from the same.

[6] MISCELLANEOUS

- [6.1] **Approval of Code** This code reflects UKCP's Code of Ethics and Professional Practice (2019) and is consistent with UKCP's ethical guidelines.
- [6.2] **Copies** A copy of this code, together with a copy of IGAP's Complaints Procedure Code, should be made available to any enquirer who requests it.
- [6.3] **Application to Training Candidates**
- (a) For the avoidance of doubt it should be noted that complaints under IGAP's Complaints Procedure Code may only be brought against advanced training candidates in respect of cases which are:-
 - (i) registered with IGAP as official IGAP training cases, and

(ii) supervised by IGAP members.

(b) Complaints alleging a breach of this Code of Ethics and Practice may not be brought under IGAP Complaints Procedure Code against training candidates (including advanced training candidates except as provided in (a) above).

[6.4] **Declaration by Training Candidates** All IGAP training candidates are required to sign a written declaration to the effect that they agree to familiarise themselves with the provisions of this code, and to regard themselves as bound by it, and any future versions thereof.

[6.5] **Grievances or Complaints by Training Candidates** Procedures for grievances or complaints by training candidates are laid down in the 'Procedure for Grievances or Complaints by Training Candidates'.

[6.6] **Applicability to all Analysands** IGAP members are expected to comply with the provisions of this code with respect to all their analysands or clients. Save as provided in paragraph 6.3 above, it is not open to any IGAP member to argue that provisions of this code do not apply on the grounds that a particular analysand or client is a 'non-IGAP' analysand or client, or otherwise outside of IGAP's auspices.

[6.7] **Definitions** For the purposes of this code:-

- (a) The term 'analysis' includes the term 'psychotherapy' and these words are used interchangeably wherever the context requires.
- (b) The term 'analysand' includes the terms 'client' and 'patient' and these words are used interchangeably wherever the context requires.
- (c) Whenever the words 'analysand', 'client' or 'patient' are used the meaning is restricted to analysands, clients or patients who receive analysis or psychotherapy. Clients or patients of any IGAP member who do not receive analysis or psychotherapy have no grounds to argue that this Code applies to them.
- (d) The term 'Training Candidate(s)' includes 'Advanced Training Candidates' except where otherwise stated.
- (e) The term 'colleague(s)' is not restricted to members of IGAP. It applies (i) to all accredited IAAP members, psychoanalysts and psychotherapists, and (ii) to all persons training to be any of (i) above.
- (f) 'IAAP' means the International Association for Analytical Psychology.
- (g) 'IGAP' means The Independent Group of Analytical Psychologists
- (h) The term 'IGAP member' bears the meaning given in paragraph 1.1(2) above.
- (i) 'UKCP' means the United Kingdom Council for Psychotherapy.

- [6.8] **Authority of code** The provisions of this Code of Ethics and Practice (Version 006) constitute rules or bye-laws enacted by the members of IGAP in general meeting under the powers conferred by Art. 69 of the Articles of Association. These rules are in addition to and do not in any way restrict the interpretation of Art. 11 of the Articles of Association.
- [6.9] **Commencement** The date of commencement upon which this Code of Ethics and Practice (Version 007) comes into force is 1st January 2026. It replaces the Code of Ethics and Practice (2020), in respect of all conduct by IGAP members on or after the date of commencement. Conduct prior to the date of commencement continues to be regulated by the relevant Code of Ethics and Practice in force at the time of the conduct in question.

APPENDIX

PERSONS WHO MAY BRING A COMPLAINT

The rules as to who is entitled to bring a complaint for a breach of the Code of Ethics and Practice are laid down in section 3.3 of IGAP's Complaints Procedure Code (version 004), which is reproduced here for information purposes only:-

[3.3.1] The complainant must be one of the following:-

- (a) a member of the public who is (or has been) a professional client of the person complained against, or
- (b) a member of the public who has sought the professional services of the person complained against, or
- (c) a current member of the Association who was also a member of the Association at the time when the facts giving rise to the complaint occurred, or
- (d) a third party acting on behalf of someone falling within one of the above categories who is incapacitated from bringing a complaint in person by reason of age or mental or physical infirmity.

[3.3.2] Except as provided in section 3.3.1 (d) above, complaints by third parties will not be accepted and the complainant must be the alleged victim of the offence(s) described in the complaint.

[3.3.3] Where the complainant is a third party acting on behalf of someone incapacitated from bringing a complaint in person by reason of age or mental or physical infirmity, the person on behalf of whom the complaint is brought must be the alleged victim of the offence(s) described in the complaint.