

# Theoretical Study of Ethical Principles of Psychologists by Russian Scientists

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**Abstract:** This article discusses the recent government decisions concerning practicing psychologists, the implementation of these decisions in practice, and the necessity of illustrating them with real-life examples. The article examines the responsibilities and obligations of psychologists, the ethical and ethnic principles guiding their profession, theoretical analyses of gender differences among psychologists, and a review of scientific research on psychologists' ethical principles in academic literature. Furthermore, the article highlights the mechanisms for implementing professional ethical norms.

**Keywords:** Professionalism, atheistic, psychotherapist, values, ideological, principles, professionography, analytical, professionogram, development, norm, psychological, consultative, therapist.

**Introduction:** To ensure the implementation of the Resolution of the President of the Republic of Uzbekistan "On Measures to Elevate the System of Education and Training of Youth to a New Qualitative Level and Ensure Their Spiritual, Moral, and Physical Development" (No. PQ-3907, August 14, 2018), as well as the Decrees "On Measures for the Development of Education, Training, and Science in the New Era of Uzbekistan" (No. PF-6108, November 6, 2020) and (No. PF-6155, February 3, 2021), various regulations and resolutions are continuously being issued. These documents focus on improving the system of psychological and pedagogical support for students in general secondary and specialized secondary state educational institutions, as well as enhancing the attestation process for pedagogical staff in preschool, general secondary, specialized secondary, vocational, and extracurricular education institutions. The foundation of these resolutions is the development of a systematic approach to regulating the activities of practicing and pedagogical psychologists operating in our society.

Psychologists and clients often have different worldviews, and in some cases, ethical guidelines, values, and life meanings may even contradict each other. This issue may arise, for instance, when a psychologist or psychotherapist attempts to impose a

religious (or atheistic) perspective on the client. In this context, it is relevant to recall L.N. Gumilyov's viewpoint that culture begins with recognizing another culture's right to exist, which implies that each culture sees itself as the most advanced and perfect. In many cases, the discussion revolves around the balance between the psychologist's personal and professional stance, as well as the extent to which the psychologist can express their ideological position in practice.

It is important to note that, currently, there are no legal standards in the Russian Federation regulating compliance with the ethical code of practicing psychologists.

### Ethical Issues and Moral Principles in the Work of Practicing Psychologists

Ethics (from the Greek *ethos*—character, habit, way of thinking) is a discipline that studies morality and ethical issues. Traditionally, the primary ethical principles that regulate the activities of practicing psychologists are considered on legal, moral, and ethical levels.

Most of these documents have a declarative nature, raising the question of what constitutes a high level of professional ethics. Ethical norms manifest in various standards, codes, and regulations. As a rule, these standards primarily focus on prioritizing the client's interests and include principles such as "Do no harm," "Avoid labeling," "Accept the client as they are," and

“Maintain professional confidentiality” (one of the most important principles in psychological practice is confidentiality).

Naturally, professional competence implies knowledge of ethical codes. However, even psychologists well-versed in ethical principles may sometimes violate them. In some cases, extraordinary situations arise where psychologists must make independent ethical decisions rather than strictly adhere to established norms. Life is often more complex than any ethical guidelines.

It is impossible to outline all the necessary rules and complete instructions in a single code of ethics. The ethical level of a psychologist implies a high degree of self-awareness and personal maturity, which includes their inner moral and ethical core. The psychologist’s worldview, attitude toward themselves, and perception of the world are also crucial.

In psychological counseling, words (or statements) often play a decisive role in resolving the client’s critical situation. This can be described as a key statement. A particularly noteworthy aspect is the moment of joyful agreement when interlocutors discover the key statement together. This moment is achieved through mutual effort, suggesting that the key statement emerges in the “we” domain rather than the “I” domain.

It is important to note that not every interaction involves a verbal “bullseye.” In superficial, formal, business-like, closed, or manipulative communication, this phenomenon does not occur. When the interlocutor is merely an “object of influence” serving as a means to achieve specific goals, words are not born but rather memorized and applied. True words are born only in subject-to-subject communication, where the interlocutor is viewed as a unique individual.

#### Ethical Aspects of Professional Ethics

When examining the ethical aspects of professional ethics, two main dimensions stand out:

1. The relationship between the psychologist and the client;
2. The psychologist’s personal level, including their attitude toward themselves, their ideals of justice, and their vision of how things should be. This second dimension inevitably touches deeper layers, including societal values, the surrounding world, and human culture as a whole.

#### Levels of Professionography in Practice

In the field of professionography, three levels are identified: informational, informational-consultative, and consultative-diagnostic.

1. Informational professionography aims to provide information about various professions, enhancing the cognitive interest of individuals choosing a career.

2. Informational-consultative professionography organizes vocational guidance activities through direct communication between the consultant and the individual seeking career guidance. This stage involves providing necessary professional information to the consultant. It is a collaborative process between the career counselor and the individual selecting a profession.

3. Consultative-diagnostic professionography focuses on developing professionograms that enable consultants to select, adapt, and utilize diagnostic materials to assess an individual’s success potential in a chosen profession. Analytical professionograms describe the objectives, subject matter, tools, and tasks characteristic of a specific profession.

A key factor in the professional success of a psychologist, especially a practicing psychologist, is the ability to act beyond the immediate situation, transcend its boundaries, and think outside its constraints.

Ethical dilemmas and contradictions also arise in the selection of specific methodologies used in research and counseling practice.

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