

# Flex Therapist CEUs

## Ethics in Massage Therapy: Renewing Professional Integrity

### 1. What is the primary purpose of professional ethics in massage therapy?

- A. To increase client base
  - B. To ensure the safety and well-being of clients while maintaining the integrity and trustworthiness of the profession
  - C. To maximize profits
  - D. To promote personal relationships between therapist and client
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### 2. Why is informed consent crucial in massage therapy, and what are its key components?

- A. It allows Massage Therapists to charge more
  - B. It ensures clients are fully aware of and agree to the procedures and treatments provided; its key components are disclosure, comprehension, and voluntariness
  - C. It enables the therapist to work without legal consequences
  - D. It promotes social interaction between therapist and client
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### 3. What strategies can Massage Therapists use to maintain professional boundaries?

- A. Sharing personal stories with clients
  - B. Establishing clear communication, maintaining professionalism, seeking supervision, and engaging in regular self-care
  - C. Extending session times without additional cost
  - D. Accepting gifts from clients
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### 4. Describe the Four-Component Model used for resolving ethical dilemmas.

- A. Moral Sensitivity, Moral Judgment, Moral Motivation, Moral Character
  - B. Financial Sensitivity, Financial Judgment, Financial Motivation, Financial Character
  - C. Emotional Sensitivity, Emotional Judgment, Emotional Motivation, Emotional Character
  - D. Social Sensitivity, Social Judgment, Social Motivation, Social Character
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### 5. How does cultural competence enhance ethical practice in massage therapy?

- A. By promoting respect and dignity, ensuring culturally sensitive treatment plans, preventing discrimination, and enhancing the therapeutic relationship
- B. By focusing solely on the technical skills of the therapist
- C. By ignoring cultural differences and treating everyone the same

D. By adhering strictly to Western medical practices

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**6. What are the key considerations for the ethical use of technology and social media in massage therapy?**

- A. Sharing client information publicly
  - B. Ensuring confidentiality, maintaining professionalism, and setting clear boundaries in online interactions
  - C. Using social media for personal use only
  - D. Ignoring client privacy
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**7. What role do professional organizations like NCBTMB and AMTA play in supporting ethical practice?**

- A. They increase competition among Massage Therapists
  - B. They provide resources and educational materials, offer guidelines and standards, facilitate networking, and advocate for the profession
  - C. They promote unethical practices
  - D. They discourage continuing education
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**8. Why is ongoing education important for massage therapists?**

- A. It is mandatory by law
  - B. It helps Massage Therapists stay current with techniques, enhance their knowledge of ethical guidelines, and improve decision-making skills
  - C. It increases the cost of therapy
  - D. It is not necessary for experienced Massage Therapists
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**9. What are some effective strategies for engaging in Continuing education unit(CEU)?**

- A. Attending workshops and seminars, taking online courses, engaging in peer learning, and practicing reflective practice
  - B. Ignoring new developments in the field
  - C. Limiting education to only required courses
  - D. Focusing solely on client feedback
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**10. In the context of the Four-Component Model, explain the significance of moral character.**

- A. It involves making decisions based on financial gain
  - B. It requires courage and determination to implement the ethical decision, reflecting the therapist's integrity and commitment to ethical standards
  - C. It is about being popular among clients
  - D. It focuses on maintaining personal relationships over professional ethics
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