

Marriage Family Therapy

STANDARDS FOR THE PRACTICE OF
MARRIAGE AND FAMILY THERAPY



Ordre professionnel
des travailleurs sociaux du Québec

*L'humain.
Avant tout.*

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FOREWORD

In Quebec, the marriage and family therapy profession obtained official recognition in 2001, with the adoption of the *Decree respecting the integration of marriage and family therapists into the Ordre professionnel des travailleurs sociaux du Québec, c. (C-26, r.183.2)*. In 2006, some 300 professionals bear the reserved title of "marriage and family therapist" and exercise the profession, mainly in private practice.

The years since the integration of marriage and family therapists in the *Ordre professionnel des travailleurs sociaux du Québec* (hereafter referred to as OPTSQ) have enabled this new profession to define the specific nature of its field of practice in relation to other human relations professions.

As the primary mission of the Order is to ensure the protection of the public, it must develop professional practice standards applicable to professional marriage and family therapists. These standards seek to provide a framework for quality professional activities in the field of marriage and family therapy.

Specifically, these standards seek to:

- guide marriage and family therapists in the application, to their practice, of the ethical principles and regulations to which they are bound.
- set forth models of professional conduct that provide a framework for professional development, professional inspection, and discipline.
- foster the development of a professional identity based on values specific to the profession.
- set forth the fundamental precepts for training in the field of marriage and family therapy.

Arising from the *OPTSQ's Code of Ethics* as well as the *Professional Code*, the professional practice standards, while not laws, have a significant impact on the practice of the profession since, in keeping with its mandate to protect the public, the Order is authorized to impose sanctions for professional conduct that fails to meet these standards. These standards also complement other regulations, standards, and documents adopted by the Order, notably the *Regulation Respecting the Keeping of Records and Consulting Offices*, the *Standards Respecting the Keeping of Records and Consulting Offices*, and the *Core Competencies of Marriage and Family Therapists* reference document.

The eight standards developed are interrelated so that Standard 1, which sets forth values specific to the profession, must be understood in light of all other standards. The same applies to each of the standards.

STANDARD 1

MARRIAGE AND FAMILY THERAPISTS SUBSCRIBE TO VALUES SPECIFIC TO THE PRACTICE OF THEIR PROFESSION

Marriage and family therapy is a profession based on humanistic values essential to the development of society and its individuals, couples, and families. Through the practice of their profession, marriage and family therapists demonstrate their commitment to the following values:

- Respecting the dignity and rights of individuals

Marriage and family therapists act, at all times and in all circumstances, in a manner that respects the dignity of individuals, treating them fairly and honestly. They ensure respect of the rights of individuals, couples, and families to services devoid of discrimination based on race, age, gender, religious beliefs, political allegiance, socio-economic status or sexual orientation.

- Respecting the independence and self-determination of individuals

Marriage and family therapists respect the independence of individuals, couples and families and demonstrate their belief in their clients' ability to direct their own lives. They foster their clients' right to self-determination, particularly their right to make decisions on matters relating to marriage, separation, divorce, reconciliation, child custody and visitation.

- Ensuring that the best interests of every member of a vulnerable couple or family are the leading priority

Marriage and family therapists must be vigilant in ensuring that the need for assistance and protection of vulnerable individuals, children in particular, are met. At all times and in all circumstances, their actions must seek to benefit members of the couple or family whose physical or moral integrity is threatened.

- Promoting the wellbeing of couples and families

Marriage and family therapists act, at all times and in all circumstances, in a manner that ensures the wellbeing of couples and families and causes them no harm. They support and contribute to the development of family policies and other social measures that seek to improve the living conditions and situation of members of couples and families.

STANDARD 2

MARRIAGE AND FAMILY THERAPISTS KNOW THE DEFINITION OF THEIR PROFESSION AS WELL AS ITS MAIN ACTIVITIES

In order to exercise their profession within the framework of their own field of practice, while respecting that of other professionals active in the area of human relations, marriage and family therapists must understand the definition of the field of marriage and family therapy and its main activities.

According to article 3 of the *Decree respecting the integration of marriage and family therapists into the OPTSQ*, "Holders of a marriage and family therapist's permit may engage in the following activities, in addition to those otherwise permitted by law: providing marital and family therapy services to couples and families with a view to helping them function better, by evaluating the dynamics of the relational systems and by intervening".

A new definition of the profession is proposed in the document entitled: *Partageons nos compétences - Modernisation de la pratique professionnelle en santé mentale et en relations humaines. Rapport du comité d'experts, Office des professions du Québec, (Sharing our competencies – Modernization of professional practice in the field of mental health and human relations. Report of the Experts Committee)* (November 2005, p. 2):

"The practice of marriage and family therapy consists in evaluating the dynamics of the relational systems of couples and families, developing a treatment plan, restoring and improving communication systems in order to foster better marital and family relations in human beings in interaction with their environment." While this definition is not yet the subject of a legislative measure¹, it clearly defines the framework for the practice of this profession.

¹ At the time of publication of the Standards Respecting the Professional Practice of Marriage and Family Therapy, the legislative framework defining activities specific to professions in the field of mental health and human relations had not yet been determined.

The main activities specific to the profession's field of practice are:

- Evaluation of the marital system²
- Evaluation of the family system³
- Development of the treatment or therapeutic plan⁴
- Implementation of the treatment or therapeutic plan⁵

In addition to activities specific to the profession, reserved and shared activities such as psychotherapy could be attributed to marriage and family therapists within a future legislative framework.⁶

² See Core Competencies of Marriage and Family Therapists reference document, OPTSQ, p. 6 and Standards Respecting the Keeping of Records and Consulting Offices, OPTSQ, p. 53

³ See Core Competencies of Marriage and Family Therapists reference document, OPTSQ, p. 6 and Standards Respecting the Keeping of Records and Consulting Offices, OPTSQ, p. 52

⁴ See Core Competencies of Marriage and Family Therapists reference document, OPTSQ, p. 6 and Standards Respecting the Keeping of Records and Consulting Offices, OPTSQ, p. 54

⁵ See Core Competencies of Marriage and Family Therapists reference document, OPTSQ, p. 6 and Standards Respecting the Keeping of Records and Consulting Offices, OPTSQ, p. 54

⁶ See *Partageons nos compétences - Modernisation de la pratique professionnelle en santé mentale et en relations humaines. Rapport du comité d'experts*, OPO document November 2005, Chapter 2

STANDARD 3

MARRIAGE AND FAMILY THERAPISTS MASTER THE THEORY AND PRACTICAL SKILLS REQUIRED FOR THE PRACTICE OF THEIR PROFESSION

Marriage and family therapists have received basic training in marriage and family therapy according to criteria stipulated in articles 26 and 27 of the *Decree respecting the integration of marital and family therapists into the OPTSQ*.

They master, in particular, the theory of marriage and family systems, human development, roles and communication, the therapeutic process and intervention methods, as well as the legal, ethical and moral aspects of marriage and family therapy.

They have also acquired a mastery of practical skills and attitudes under supervision carried out in compliance with article 26, par. 2 and 3 of the *Decree* as well as article 27, sub-par. b and c.

Marriage and family therapists must also be able to:⁷

- *establish treatment suitability for psychotherapy*
- *conduct a clinical evaluation*
- *develop a therapeutic plan*
- *implement therapeutic interventions*
- *ensure collaborative partnerships*
- *respect the legal, moral, ethical, and regulatory provisions for marriage and family therapy*
- *contribute to the development of the professional practice.*

⁷ Excerpt from the Core Competencies of Marriage and Family Therapists reference document, pp. 6-7

STANDARD 4

MARRIAGE AND FAMILY THERAPISTS ASSUME THEIR ETHICAL RESPONSIBILITIES TO INDIVIDUALS, COUPLES, AND FAMILIES

Marriage and family therapists are bound by the *Code of Ethics of Members of the OPTSQ* as it relates to their duties to the public, their clients, and their profession. Since the practice of marriage and family therapy involves specific elements pertaining to the therapeutic process per se as well as certain specific approaches and techniques, marriage and family therapists can face complex ethical issues. The conduct expected of marriage and family therapists as well as specifically prohibited conduct are clearly stated in an effort to guide them in the practice of their profession.

- Confidentiality and professional secrecy

Marriage and family therapists are bound to keep secret any information of a confidential nature obtained in the practice of their profession, as it relates to each of their clients (spouses, parents, children). They can only be relieved of this obligation with the consent of each of their clients (including children 14 years of age and over), or if so ordered by a judge or by law.

The management of the confidentiality and professional secrecy issue can prove to be highly complex within the framework of marriage or family therapy. Marriage and family therapists must be aware of the possibly divergent interests of different members of a couple or family and must clearly explain the limits of confidentiality every time it is deemed necessary, as in the case of individual intervention with a member of a couple or of the family during marriage or family therapy. They must also explain the limits of confidentiality as they pertain, most notably, to the *Youth Protection Act*, the *Coroners Act*, and the *Code of Ethics of Members of the OPTSQ*.

If marriage and family therapists are summoned to testify in court, they must obtain the consent of their client(s). In the event that this consent is denied, they must petition the court to be relieved of their duty to ensure professional secrecy. At no time can marriage and family therapists reveal information other than that which pertains to the legal matter at hand.

- Obtaining the free and enlightened consent of each member of a couple or family

- Consent to receive services

Before embarking on a marriage or family therapy, marriage and family therapists must obtain the free and enlightened consent of each of its clients (including children 14 years of age and over) to receive said services and the proposed treatment plan. In addition to the conditions required for obtaining this consent, as stipulated in Standard 2 of the *Standards Respecting the Keeping of Records and Consulting Offices*, marriage and family therapists must proceed with caution, ensuring that each person is fully informed and has a clear understanding of the therapeutic intervention offered. Every time they deem it necessary, marriage and family therapists must again obtain the enlightened consent of their client(s), notably when new techniques are introduced during the course of therapy or resistant behaviour is observed in any member of the couple or family.

- Consent to transmit information

Marriage and family therapists must refer to requirements stipulated in Standard 2 of the *Standards Respecting the Keeping of Records and Consulting Offices*, as they relate to the transmission of reports on the marriage or family therapy.

- Consent to record marital or family interviews, regardless of the technology used

In the exercise of their profession, it is common practice for marriage and family therapists to record or film interviews with couples or families, for either therapeutic, teaching, or monitoring purpose. Marriage and family therapists must not only obtain the written consent of every member of the couple or family before doing so, but are also required to explain to them the purpose of the recording, who will have access to it, the measures taken to ensure its confidentiality, and the length of time it will be used.

- No conflict of interests

The practice of marriage and family therapy requires the professional to establish a relationship of trust with each member of the couple or family. To this end, marriage and family therapists must deal with their clients with respect, honesty, and transparency.

Thus,

- Marriage and family therapists must reveal any prior relationship with a member of a couple or family, before the start of therapy. They must ensure that each of their clients has a good understanding of the prior intervention and the one that is about to begin, and obtain the free consent of each member. Should a member of a couple or the family deny consent, the marriage and family therapist cannot undertake the therapy and must refer the clients to other professionals or appropriate resources.
 - Marriage and family therapists must refrain from adopting several roles in their dealings with a same couple or family. For instance, they should not serve as both a family therapist and an expert on issues of child custody and visiting rights.
 - Marriage and family therapists must refrain from intervening on a professional basis with members of their own family, close friends, work colleagues, or individuals they teach or supervise.
 - Marriage and family therapists must refrain from accepting any gift offered by a member of the couple or family, which could interfere with the therapeutic relationship or create the appearance of a conflict of interests.
 - Marriage and family therapists must respect, at all times, their clients' right to consult other professionals and facilitate references and the transmission of information, when required.
- Respecting the boundaries of their field of expertise

If, during the course of marriage or family therapy, problems arise that exceed the therapist's field of expertise and have a significant impact on the therapy (ex.: serious mental health problems, alcoholism, drug or gambling addiction), he consults with a professional specializing in that particular field or, if need be, refers the client to the appropriate professional.

- Dealing with domestic and family violence

It is of primary importance for marriage and family therapists to be particularly vigilant with regards to domestic and family violence. Knowing that this is a very prevalent problem, that fear makes it impossible for members of a couple or family to address such highly charged topics, and that marriage and family therapists must protect their clients from any threat, they must:

- Attempt to identify the existence of domestic or family violence during the initial marriage or family evaluation.

If the existence of domestic violence is known prior to the start of therapy, marriage and family therapists are required to assess the balance of power between the violent spouse and the victim of abuse and take appropriate measures to ensure that the victim is protected and the violent spouse is under control. They must ensure that the marriage therapy is beneficial to the spouses, otherwise they must propose an alternative source of assistance or refer the clients to appropriate resources.

- If the existence of domestic violence is revealed during the course of therapy, marriage and family therapists must ensure that victims have a plan for their protection and support any measures to report the situation to the proper authorities. Marriage and family therapists evaluate the relevance of pursuing the marriage therapy and, if need be, offer alternative sources of assistance or refer the clients to appropriate resources. Furthermore, when marriage and family therapists have reasonable cause to believe that an individual is in imminent danger of serious bodily injury or death, they must seek to prevent an act of violence, communicating any relevant information immediately, using the most effective means under the circumstances.

(*Code of Ethics of Members of the OPTSQ*, a. 3.06.01.01 and 3.06.01.02)

- When the existence of family violence (negligence, physical or sexual abuse of a child or children by a parent) is known to the Director of Youth Protection at the beginning of the therapy, marriage and family therapists must carefully evaluate the impact of the therapeutic process on the security and emotional balance of the child(ren), taking into account age as well as physical and mental capabilities. If need be, marriage and family therapists avoid family meetings and offer family members alternative sources of assistance or refer them to appropriate resources.
- When the existence of family violence is revealed during the course of therapy and the marriage or family therapist has reason to believe that the security or development of a child may be compromised, as defined in articles 38 and 38.1 of the *Youth Protection Act*, the child must be signalled to the Director of Youth Protection immediately (*Youth Protection Act*, a.39). In these cases, marriage and family therapists may inform the family, but are not required to do so, as they must ensure that the child will not be exposed to further violence. Marriage and family therapists evaluate the relevance of pursuing the family therapy and, if need be, offer alternative sources of assistance or refer the clients to appropriate resources.

- Record keeping

Marriage and family therapists are responsible for keeping records in compliance with the *Regulation Respecting the Keeping of Records and Consulting Offices by Members of the OPTSQ*, as well as the specific requirements of marriage and family therapy as stipulated in the *Standards Respecting the Keeping of Records and Consulting Offices*. Notably, they are required to:⁸:

- keep a record for each member of the couple or family
- designate a file to hold all notes and reports relating to the marriage or family therapy
- note, in each individual file, the location of these reports as well as the presence or absence of an individual at each interview
- obtain the consent of each member of the couple or family when access to reports relating to a marriage or family therapy are requested
- write up notes and reports in keeping with the specific nature of the profession.

- Respect the honor and dignity of the profession: prohibited conduct

Marriage and family therapists have a duty to abstain from conduct prohibited by articles 59, 59.1 and 59.2 of the *Professional Code* as well as paragraphs a-k of article 4.01.01 of the *Code of Ethics of Members of the OPTSQ*. It is important to stipulate some of these prohibited behaviours, which have a specific impact on the practice of marriage and family therapy.

- The prohibition of any sexual intimacy with a member of a couple or family

Marriage and family therapists are prohibited from engaging in a sexual relationship with a member of a couple or family for the entire duration of the therapeutic relationship. The impact of the therapeutic relationship can continue beyond the end of the therapy per se. For this reason, marriage and family therapists are strongly discouraged from engaging in an intimate relationship with a former client for at least two years after the end of the therapy or the last professional contact. Furthermore, when a professional engages in an intimate relationship of this nature, regardless of the amount of time that has elapsed since the end of the therapy, the burden of proof always rests with the professional involved.

⁸ See Standard 1, p. 9, Standard 3, p. 23 and Appendix II, p. 51

- The prohibition of any sexual intimacy with an individual being taught or supervised by the marriage and family therapist

Marriage and family therapists are prohibited from engaging in a sexual relationship with an individual whom they are teaching or supervising within the framework of their training in the field of marriage and family therapy.

- Undue pressure on clients to resort to the services of a marriage and family therapist

Marriage and family therapists cannot, directly or indirectly, pressure clients to resort to their services. Specifically, they cannot unduly pressure clients to be followed by them individually during or after marriage or family therapy.

Furthermore, they cannot incite the clients of an organization or establishment that employs them to see them in their private practice.

- Improper billing of fees

Marriage and family therapists cannot bill their client(s) for professional services if the cost or part of the cost of these services is covered by a third party such as an insurance company, unless a prior clear and formal agreement has been concluded between the marriage and family therapist, the third party, and the client.

Furthermore, marriage and family therapists cannot bill for a professional service or services, which have not been rendered. However, in the event that a client is absent from an interview, the marriage and family therapists can claim an amount for general costs such as the rental of the office, but only if a prior agreement to this effect has been concluded with the client(s).

In addition, marriage and family therapists cannot issue a receipt or other document falsely attesting to services dispensed, nor can they require advance payment for services to be rendered at a later date.

- False advertising

Marriage and family therapists are prohibited from engaging in false advertising that could mislead the public as to their competence or the effectiveness of their therapeutic methods.

STANDARD 5

MARRIAGE AND FAMILY THERAPISTS ASSUME THEIR ETHICAL RESPONSIBILITIES TO INDIVIDUALS THEY TEACH OR SUPERVISE

Marriage and family therapists who provide training or supervision have specific responsibilities to the individuals in training who trust them and depend on their judgement for the evaluation of their performance. For this reason, marriage and family therapists who act in a training or supervisory capacity must, in addition to their aforementioned responsibilities:

- respect the confidentiality of exchanges with individuals they teach or supervise.
- avoid any conflict of interests that could interfere with their objectivity and impartiality with regards to a student or individual under their supervision. In particular, marriage and family therapists must abstain from teaching or supervising individuals with whom they have an intimate sexual relationship or family, professional, or therapeutic ties.
- avoid adopting several roles where a student or other individual under their supervision is concerned. For example, they should avoid dispensing a therapy or conducting an expertise with these individuals or other persons with whom they have close ties.
- ensure, where possible, that individuals under their supervision are performing adequately with clients and do not claim competence beyond their level of training.
- keep a file on the person under their supervision, and ensure that the supervised person is aware of the fact. This record should include notes and other documents relating to the supervisory process, such as the supervision contract, dates of supervision sessions, and the evaluation of the supervised individual⁹.

⁹ See *Standards Respecting the Keeping of Records and Consulting Offices*, Standard 1, p. 9

STANDARD 6

MARRIAGE AND FAMILY THERAPISTS ASSUME THEIR ETHICAL RESPONSIBILITIES WITH REGARDS TO RESEARCH

Marriage and family therapists undertaking or involved in research have specific responsibilities to participants in these activities as well as to the scientific community to which they belong. Notably, researchers in the field of marriage and family therapy must:

- ensure the wellbeing of participants in a research project, respect their dignity, and see to it that they are not harmed in any way.
- obtain the free and enlightened consent of participants in the research project, informing them of the chosen methodology and the intended use of research results.
- respect the freedom of individuals to refuse to participate in or to withdraw from the research project at any time, without prejudice.
- reveal to participants, particularly the most vulnerable (ex.: children, individuals with mental health problems or who are intellectually challenged), any aspect of the research project that could have an impact on their decision to participate.
- respect the confidentiality of information revealed by participants and protect their identity.
- know and respect any research protocol implemented by the organization or establishment involved, or by the financial backer.
- know and respect laws, regulations, and standards respecting research, particularly as they relate to copyright and intellectual property.

STANDARD 7

MARRIAGE AND FAMILY THERAPISTS ASSUME THEIR RESPONSIBILITIES WITH REGARDS TO THEIR PROFESSIONAL DEVELOPMENT

As members of a professional order, marriage and family therapists must seek to maintain and develop their professional knowledge and skills for the benefit of their clients as well as the profession.

Whether they are clinicians, supervisors, instructors, or researchers, marriage and family therapists must aspire to the highest standards of quality in their professional practice, according to the means at their disposal. Thus:

- they must keep abreast of new knowledge in the field of marriage and family therapy.
- they must pursue their theoretical and practical training, keeping their skills up to date and acquiring new ones as the needs of their clientele evolve.
- they must periodically evaluate their professional practice based, for instance, on the *Core Competencies of Marriage and Family Therapists* reference document, taking whatever corrective measures are deemed necessary.
- they must be aware of their capabilities and limitations, seeking the necessary help and support in the event of personal problems or conflicts that could cloud their clinical judgement and hamper their effectiveness.

STANDARD 8

MARRIAGE AND FAMILY THERAPISTS ASSUME THEIR RESPONSIBILITIES WITH REGARDS TO THE PROMOTION AND DEVELOPMENT OF THEIR PROFESSION

In the exercise of their functions with the public, marriage and family therapists act, to some extent, as ambassadors of their profession, a role that carries its own special responsibilities with regards to the image of their profession and its development. For this reason marriage and family therapists must:

- represent their profession with dignity and competence at all times and in all circumstances.
- bear the reserved title of “marriage and family therapist”, “marriage therapist”, or “family therapist” in the exercise of their functions, and publicly display the permit issued by the OPTSQ.
- collaborate with professionals, instructors, or researchers in other fields to foster the development of better services to couples and families.
- contribute to the evolution of their profession by becoming involved in the development of training programs in the field of marriage and family therapy, helping raise public awareness of the profession, and favouring any measure to improve public access to marriage and family therapy services.

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