

INTEGRATIVE BREATHWORK

A 7 MONTH COMPREHENSIVE FACILITATOR TRAINING

WITH STEPH MAGENTA & DR RAE RIEDEL

INTEGRATIVE BREATHWORK CODE OF ETHICS

This code of ethics has been developed to encourage and foster good practice within the profession of Breathwork Facilitation, and as representatives of Integrative Breathwork. It applies to all trainees, mentors and teachers of Integrative Breathwork Training, and is initiated to support you, your work and your clients in the dynamic practice of breathwork as a healing modality. It is expected that any students trained by us agree to uphold these standards throughout their practice. As representatives of our training, we invite, expect and hold you to a high standard of ethical and safe practice both in your work and in your personal and professional representation.

1. **Integrative Breathwork** students and staff will be professional in attitude and conduct, responsible in relations with clients and colleagues, reliable in agreements and timely in appointment schedules.

2. **Integrative Breathwork** Faculty and Students certify that we have read and understood the provisions of this Ethical Code. We acknowledge that we represent the standards to which all trainees, graduates and key staff aspire, and will abide by to the best of our ability. Further, we agree to be held accountable to Integrative Breathwork CEOs for any actions that deviate from these standards.

3. As Practitioners and representatives of **Integrative Breathwork**, we recognise the importance of consent and choice in all professional interactions with individuals and groups. At no time shall a client be required or coerced to participate in any activity, event or exercise. We agree to inform and educate clients about their full autonomy, consent and choice, and actively create environments where clients are empowered to exercise those skills in making informed choices.

4. All **Integrative Breathwork** Members (here meaning all Faculty, Students and other Representatives of our school/training) will strive to provide a range of framed guidelines and safety protocols which will serve the client's intended growth in requesting a

Breathwork Session. Members will stay updated on contraindications and modifications to Breathwork techniques for identified client conditions and states of being and at no time practice client discrimination on the basis of race, ethnicity, gender, religion, sexual orientation, age or appearance.

5. **Integrative Breathwork** Members may use physical touch in a breathwork session if deemed appropriate, and if prior consent from the client has been obtained and the parameters of conscious physical touch have been framed. If conscious physical touch is used in a session, it is used with the attitude to do no harm and with concern for the client's growth. We agree to honour the agreed boundaries established before any session. If during a session a client changes their mind about touch, we agree to consider and respect the wishes of the client but also to take into account that if the change is made during a high arousal state, informed consent may be compromised. In this case we access our felt sense and always take action with the highest good of the client in mind. This may translate to a choice not to apply physical touch in a particular circumstance. As a facilitator, we stay present and listen to our inner voice. We highly recommend the use of written intake forms where consent is given in writing as best practice.

6. **Integrative Breathwork** Members may use other healing modalities in a breathwork session if deemed appropriate, if duly trained in such, and if prior consent from the client has been obtained and the parameters of application are agreed upon.

7. **Integrative Breathwork** Members will practice clear and appropriate professional boundaries with clients. We understand the inherent inequality of power we hold relative to our Clients in our role of facilitator, and therefore agree not to use this power differential for any form of Client exploitation or to promote my own personal ideology, or religious, political, or therapeutic agenda.

8. **Integrative Breathwork** Members agree that we do not seek to meet our own need to provide a 'good' session by overriding the clients' own intuitive requirements.

9. Members agree not to have any form of sexual, intimate or relationship contact with current clients outside sessions. If attraction occurs within the professional relationship (either from Client towards Practitioner or from Practitioner towards Client) we agree to discuss the attraction within Professional Supervision, with the express aim of maintaining clear professional boundaries and protecting the Client's ability to access the work.

10. Members agree to refrain from the exploitation of professional relationships with Clients, whether current or past, for personal gain, whether financial, professional, emotional, sexual, or for research purposes.

11. Members agree to the consideration of regular and/or specific targeted Supervision as a routine part of what is considered good practice. This could be peer/group supervision and/or expert supervision/mentoring or, optimally, both. Practitioners further

agree to request supervision and guidance when experiencing ambiguity or difficulty with interpretation of what constitutes safe and/or ethical behaviour.

12. Practitioners will consider the limits of their skills and experience before accepting requests for, or providing educational, instructional or other therapeutic services to Clients and potential Clients. Practitioners avoid recommendations or the offering of modalities for which we are insufficiently qualified to render. In such cases, we may refer the client to other qualified and trained providers.

13. **Integrative Breathwork** representatives maintain an awareness that personal and professional development is on a continuum. We remain open to updating our practice, techniques and refining our skills whilst offering our work to others.

14. Practitioners will terminate professional relationships with Clients when such services are no longer required or no longer serve the needs and interests of the Clients. We may unilaterally terminate services on just and reasonable grounds and after careful consideration of all situational factors and any possible adverse effects, ensuring care is taken of the client & practitioner's wellbeing.

15. Practitioners will refrain from providing breathwork, training sessions and/or presenting any instructional material while either the Practitioner or the Client is under the influence of alcohol or illegal drugs, or in any other ways incapacitated from providing exemplary, clear and professional service delivery.

16. Practitioners will establish clear contracts, boundaries and guidelines with clients regarding the number and duration of sessions and fee for services. Practitioners will keep records and respect, defend, and preserve the privacy of all information gained from Clients, and will preserve the anonymity of Clients when using information for purposes of teaching, research, and supervision.

17. Any public representation by a Practitioner of the profession of breathwork, and the reputation of **Integrative Breathwork** shall be respectful, work in integrity with this Code and shall have the intention of furthering the profession.

18. Should conflict arise amongst any **Integrative Breathwork** students or colleagues, whether as part of a training session or within a personal context, all parties agree to seek resolution to their conflict, including but not limited to mediation, and in such a way that the conflict and the resolution thereof does not adversely effect Clients, the Profession or the representation of our business reputation.

19. Practitioners may (and are advised to) directly contact, in a constructive and transparent manner, any member whom they believe may have acted outside of the ethical guidelines set forth in this document. If the ethical concern persists or is beyond the scope of the members ability to address, direct contact with a senior member of the **Integrative Breathwork** Team should be consulted.

20. Practitioners will aid **Integrative Breath** in upholding this Code of Ethics and cooperate fully with any investigation of possible violations.

21. Practitioners will refrain from solicitation of colleagues' Clients.

22. Practitioners agree not to use the words, images or copy of other Practitioners or **Integrative Breathwork** in their events, websites and marketing without their consent.

23. Use of **Integrative Breathwork** name and branding:

Practitioners are permitted to show/use the official **Integrative Breathwork** name or logo only when training is complete, and they have received OFFICIAL CERTIFICATION from Steph Magenta and Dr Rae Riedel, CEOs of Integrative Breathwork Training.

Integrative Breathwork branding and name must NOT be used to advertise courses, events or other promotional offers, which would give the impression that the member was acting as a representative of, or under the direction of **Integrative Breath** without express consent and written permission. Your own work should be offered in your own name.

24. Practitioners will encourage appropriate communication between Clients and their current or recent therapists. In particular Practitioners will advise Clients to seek prior agreement from their GPs or healthcare providers in the event of known contraindications for this practice.