

## CODE OF ETHICS

### **Guidelines for Interactions Between Postural Integration Practitioners, Group Leaders, Teachers and Their Clients - Updated Strasbourg, September 2011**

**A. ICPIT follows the EAP ETHICAL CODE as a general principle. In addition to the guidelines of the EAP ethical code, ICPIT, over many the years, has formulated ethical guidelines that are of specific concern for Postural Integration.**

The following guidelines are intended to help Postural Integration practitioners, group leaders, teachers and their clients clarify their working relationships. Human relationships are processes defined and shaped directly by the parties involved and these guidelines are intended not as judgments about individual attitudes or behavior, but as markers of opportunities and risks. If the individuals involved misunderstand each other or there is a complaint from either party, the ICPIT Complaint Procedure may also be used.

### **B. RESPONSIBILITIES AND COMMITMENT:**

**1. Responsibility of Practitioners:** (individual practitioners, student practitioners, group leaders, assistants and teachers) Postural Integrators recognize that they must work in a professional way and in compliance with the ethical code. They are committed to continuing education and personal development, to stay updated in the field of scientific research and the scientific development of bodymind integration. In the interaction of practitioner and client, it is the responsibility of practitioners to clarify and share their goals, expectations, attitudes and ways of working. The ways of working are always adapted to the client's abilities and process and the client is never forced into a "model" or "recipe". Practitioners take care not to exploit their clients, current or past, in any way, financially, sexually, or emotionally (and any other dependencies). Postural Integrators do not proceed to the deep work unless the client shows he or she is ready and open for this. Postural Integrators commit themselves to creating agreements with clients, which respect clients' boundaries and allow for (questioning present attitudes and limitations as well as supporting new possibilities) confrontation with old limitations, while supporting new possibilities.

**2. Confidentiality:** In dealings between practitioners, students, trainers, colleagues and clients, it is expected that the parties will keep any personal information confidential without explicit permission of the parties involved or unless it is handled in the complaints procedure. Privacy laws are respected.

### **C. AGREEMENTS (contracts):**

Since the interaction between client and practitioner is essential to effective release and integration, the following types of agreements or contracts need to be clear. The client can be given these guidelines for consideration, modification and agreement or disagreement. The client and practitioner may wish to explore what aspects of the agreements they initially reach and later re-negotiate in writing. This process of stating the agreements reached can also help define the transformation process before or after each session. Note that what is meant by agreements includes an understanding and acceptance of the initial goals of the practitioner and client. Often in the process of Postural Integration various roles and limits may be re-negotiated without affecting the overall initial goals agreed upon. However, sometimes it may be the case that the initial goals have changed as well, in which case it is important that attention is called to the change in the initial agreement.

**1. Symmetrical Autonomous Agreements:** Clients and practitioners (except for the cases listed below) are autonomous individuals who are entering into agreements where both are equally but differently responsible, that is, they are in symmetrical relationship with each other. This means that the practitioner does not assume to know the client's needs or best interests. This means also that the practitioner does not impose external models of emotional and physical health.

**2. Professional relationship with colleagues:** If necessary the practitioner works in an interdisciplinary manner with representatives of other disciplines in the client's interest.

**3. Agreements Concerning Friendship and Intimacy:** Practitioners who are asked for PI sessions by a friend or a member of their family should instead refer that potential client to a colleague.

**4. Complaints:** It is the obligation of the practitioner to clearly outline in advance the procedure of the Postural Integration therapy. Should the case arise that the client has a dispute concerning the way in which the therapy is run, he/she can resort to the Complaint procedure as formulated by ICPIT.

ICPIT wishes to encourage that agreements are continually revised and discussed. It takes seriously any complaints or conflicts which may arise among practitioners and clients and will give advice and support without judgment and prejudice, where the parties agree, on how mediation can be initiated, maintained and concluded. See ICPIT Complaint Procedure.