



MBIR™

MBIR™ Existing Practitioner Transition & Alignment Guide

Supporting Previously Trained MBIR™ Practitioners
in Transitioning to Current Certification Standards



HONOURING
YOUR JOURNEY



ALIGNING WITH
CURRENT STANDARDS



SUPPORTING YOUR
PROFESSIONAL GROWTH



UPHOLDING SAFETY,
ETHICS & INTEGRITY



MINDFULNESS-BASED INNER REPATTERNING™

Honouring where we began. Supporting where we are going.



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Transitioning to Current Certification Standards

MBIR™ International
Mindfulness-Based Inner RePatterning™

Honouring where we began. Supporting where we are going.

Disclaimer

MBIR™ International has produced this publication for educational and informational purposes. It is intended to explain the MBIR™ Practitioner Transition Framework and should not be interpreted as medical, psychiatric, psychological, legal, or therapeutic advice.

Transition pathway recommendations are determined through an individual **MBIR™ Transition Review**. Information contained within this guide may be updated periodically as MBIR™ Professional Standards continue to evolve.

Readers are responsible for ensuring they refer to the most current MBIR™ International guidance where applicable.

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Welcome

MBIR™ has continued to evolve through clinical experience, practitioner feedback, advances in trauma-informed practice, and the ongoing development of professional standards. As the methodology has matured, the certification framework has also been refined to reflect current best practice.

Today's MBIR™ framework places greater emphasis on nervous system regulation, embodied safety, present-state awareness, ethical clinical practice, and professional competency. These developments strengthen practitioner confidence while supporting safe, effective client outcomes.

This guide explains how previously trained MBIR™ practitioners can complete a professional Transition Review and identify the most appropriate pathway for aligning with current MBIR™ certification standards.

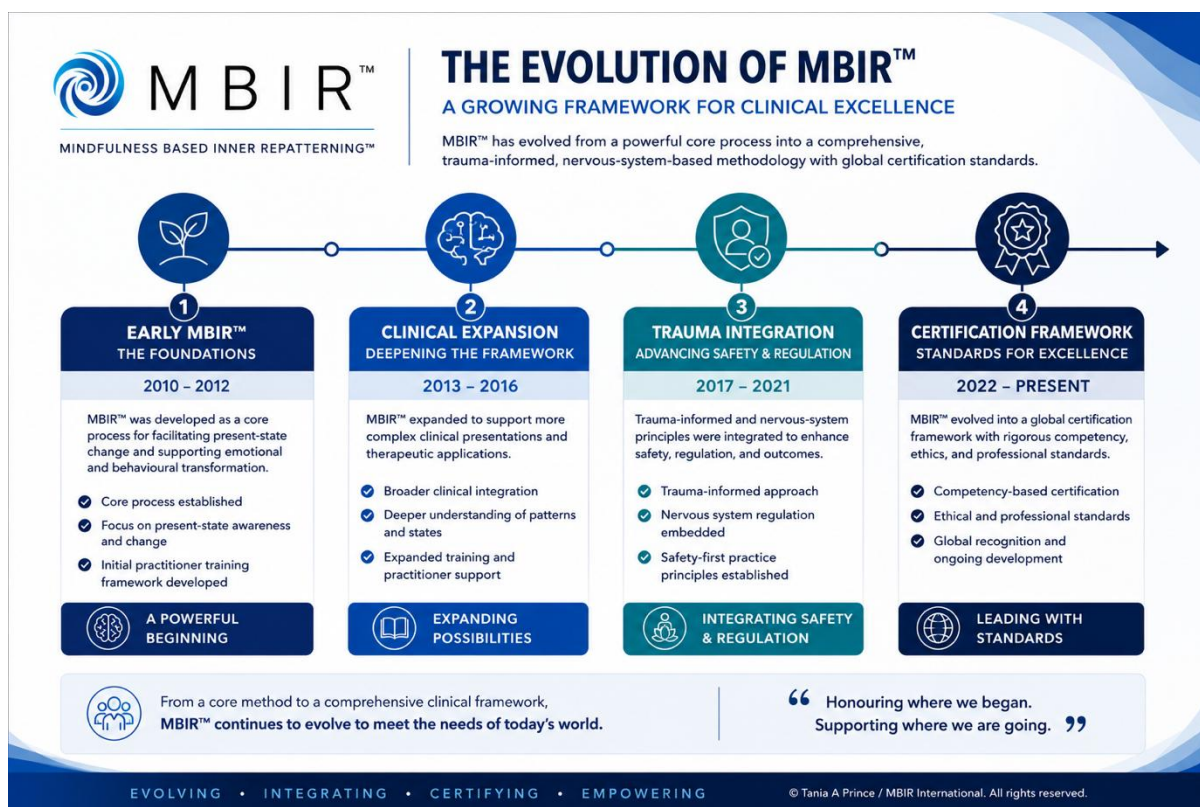
The purpose of the transition process is not to replace earlier learning, but to recognise existing experience while ensuring every certified practitioner meets the current MBIR™ Professional Standards, ethical framework, and competency requirements.

Every practitioner who has contributed to the development of MBIR™ is valued and respected. The transition process has been designed to honour previous training while providing a clear, fair, and supportive route towards current certification.

What This Guide Will Help You Do

This Transition Guide will help you:

- Understand why the MBIR™ certification framework has evolved.
- Learn how the Transition Review process works.
- Identify the pathway that is most likely to suit your current level of experience.
- Understand what happens after your application has been reviewed.
- Move confidently towards current MBIR™ certification standards.



Section 1 - Why MBIR™ Has Evolved

Early MBIR™

MBIR™ emerged through years of clinical observation, practical application, and ongoing refinement as a non-analytical, trauma-informed methodology that supports meaningful and lasting change. Its development has always been guided by clinical experience, practitioner feedback, and an evolving understanding of nervous system regulation.

Its early foundations included:

- Present-state awareness
- State change through regulation
- Inner RePatterning processes
- Working beyond cognitive analysis
- Supporting shifts through embodied awareness

These core principles remain central to MBIR™ today and continue to underpin the current international certification framework and professional standards.

Clinical Expansion

As MBIR™ was applied across increasingly complex client presentations, it became clear that deeper clinical understanding was required.

Practitioners began working with clients experiencing:

- developmental trauma
- chronic dysregulation
- freeze and collapse responses
- dissociation
- persistent survival adaptations

These presentations required additional skill beyond early procedural understanding.

Scientific Integration

MBIR™ has continued to evolve alongside emerging knowledge in:

- trauma physiology
- polyvagal theory
- nervous system regulation
- freeze and shutdown responses
- embodied therapeutic safety

This has strengthened MBIR™ as a trauma-informed methodology.

Professional Standards

As MBIR™ expands internationally, professional consistency becomes increasingly important.

Updated certification standards support:

- client safety
- ethical practice
- scope awareness
- practitioner competency
- professional credibility

This progression reflects the natural maturation of MBIR™ as a professional methodology.

Section 2 - What Has Expanded in Certification

The current MBIR™ certification framework reflects the continued evolution of professional practice, ensuring practitioners work safely, ethically, and consistently while honouring the strengths of earlier MBIR™ training.



MBIR™ Training	Current MBIR™ Certification
Core MBIR™ methodology	Expanded clinical framework
Present-state awareness	Regulation-first trauma-informed regulation
Procedural understanding	Demonstrated professional competency
General therapeutic application	Scope-aware ethical professional practice
Practical Experience	Certification aligned with international standards

The additional competencies below represent areas integrated into the current certification framework through clinical experience, evolving trauma-informed practice, and international professional standards.

New Competencies Now Include

Trauma Physiology

Understanding how trauma affects the nervous system and body.

Freeze and Collapse Recognition

Recognising shutdown, immobilisation, and protective adaptations.

Dissociation Awareness

Identifying signs of disconnection, depersonalisation, and protective fragmentation.

Nervous System Stabilisation

Working regulation-first before deeper intervention.

Scope of Practice

Knowing when MBIR™ is appropriate and when referral or collaboration is necessary.

Alternative Self Framework

Understanding advanced MBIR™ work involving resource states, witnessing, and alternative self-access.

Advanced Parts Model

Understanding advanced MBIR™ parts work.

Section 3 - Core Principles of Transition

Our Commitment to Existing Practitioners

The transition process is guided by four core principles designed to honour previous learning while ensuring every practitioner who becomes an MBIR™ Certified Practitioner meets the same professional standards of safety, ethics and competency.

Principle 1 - Previous Training Remains Recognised

Your previous MBIR™ training remains recognised and valued.

Earlier training contributed to the development of MBIR™ and remains an important part of the methodology's history.

Principle 2 - Proportionate Alignment

Existing practitioners will **not** automatically be required to repeat their original MBIR™ training.

Instead, every practitioner completes a professional Transition Review to identify the most appropriate alignment pathway.

The depth of additional learning depends upon:

- previous MBIR™ training
- current professional practice
- demonstrated competency
- areas requiring alignment with current certification standards

This ensures the transition process remains fair, proportionate and respectful of prior learning while maintaining consistent standards across all MBIR™ Certified Practitioners.

Principle 3 - Transition Depends on Competency

Pathways are determined through a professional review of:

- previous MBIR™ training
- current professional experience
- demonstrated competency
- alignment with current MBIR™ Professional Standards

This review determines the most appropriate transition pathway. It is not an examination of past learning, but a process to ensure every certified practitioner meets the same contemporary professional standards.

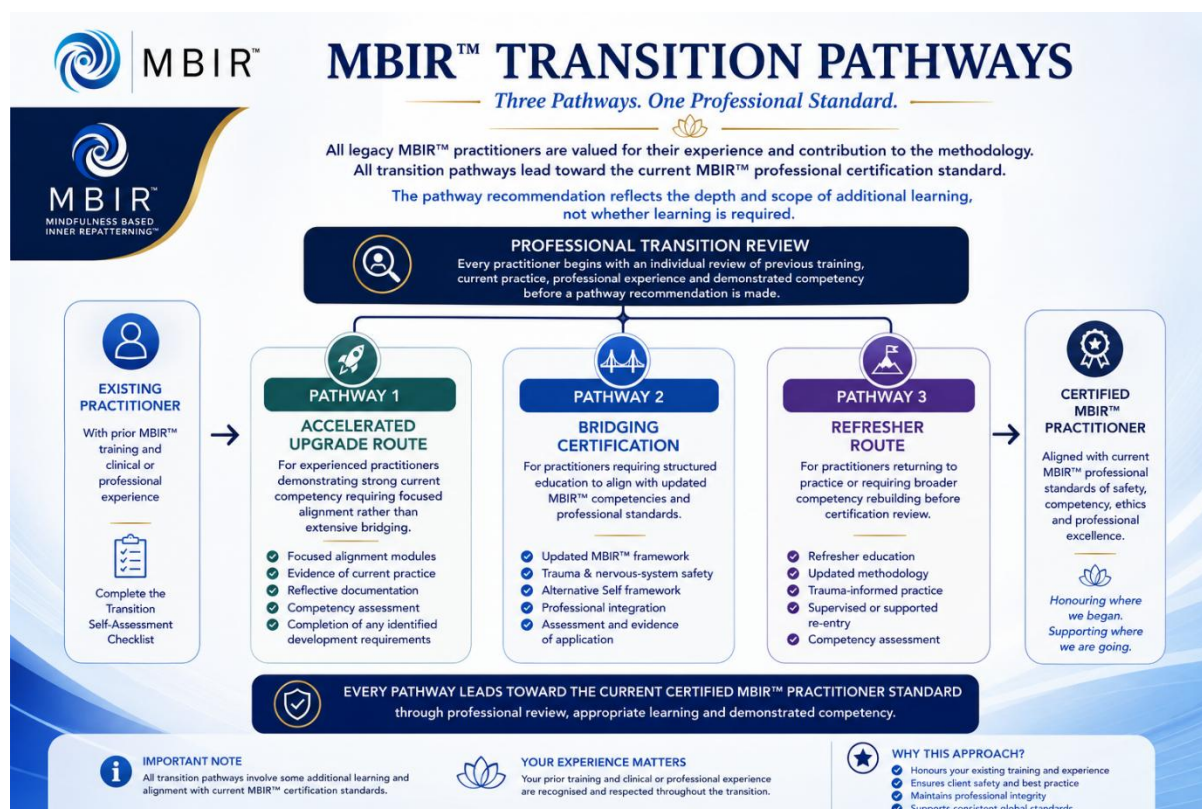
Principle 4 - Client Safety Comes First

The purpose of MBIR™ certification is to protect both practitioners and the people they serve.

As MBIR™ has evolved, professional standards have expanded to reflect current understanding of trauma-informed practice, nervous system regulation, ethical decision-making and practitioner competency.

Every transition pathway is therefore designed to ensure practitioners can work safely, confidently and consistently within the current MBIR™ professional framework.

Client safety remains the foundation of every certification decision.



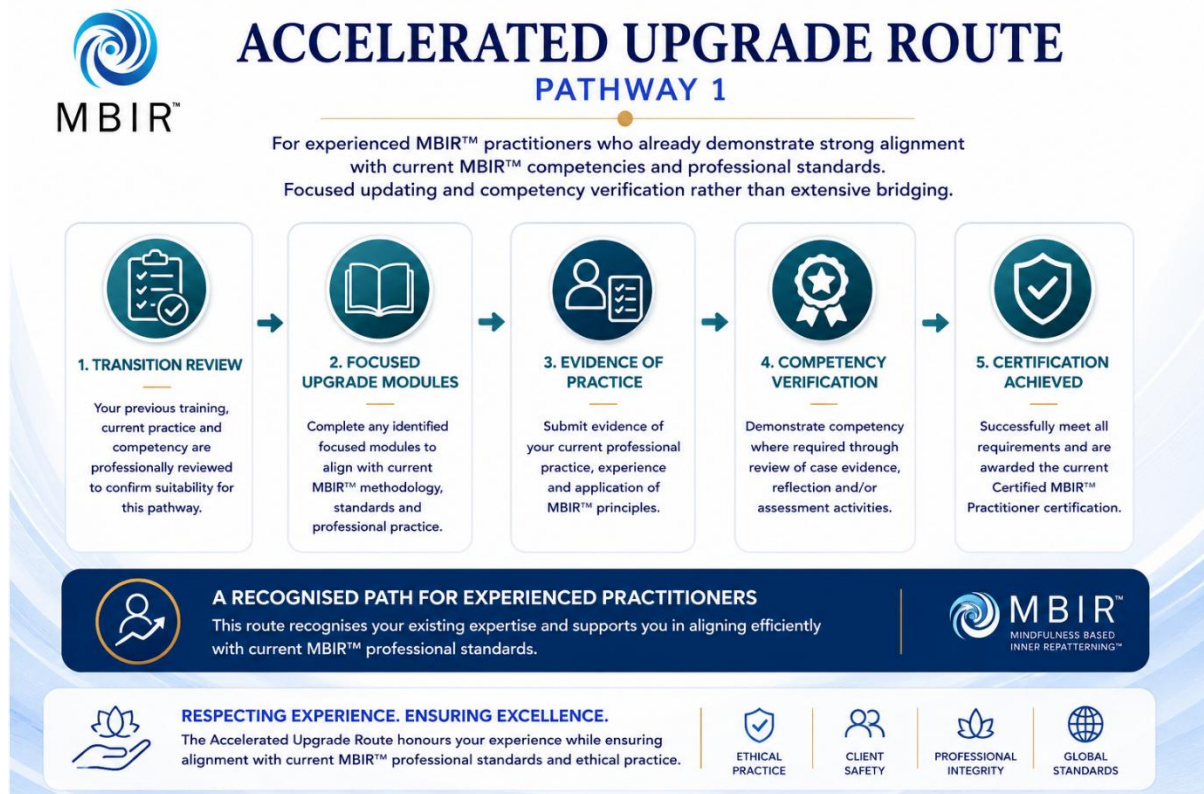
Section 4 - Transition Pathways

All existing MBIR™ practitioners begin with a professional **Transition Review**. This review considers previous MBIR™ training, current professional practice, and demonstrated competency to determine the most appropriate alignment pathway.

Every practitioner is respected for their previous learning and experience. The Transition Review identifies the most appropriate route to alignment with current MBIR™ Professional Standards. Some practitioners may require only a small amount of focused learning, while others may follow a more comprehensive pathway, depending on their individual needs.

Pathway 1 - Accelerated Upgrade Route

The **Accelerated Upgrade Route** is designed for experienced MBIR™ practitioners who already demonstrate strong alignment with current MBIR™ competencies and professional standards. Following their individual **Transition Review**, these practitioners typically require focused updating and competency verification rather than extensive bridging education.



Typical Practitioner Profile

- Extensive previous MBIR™ training
- Current or recent professional practice
- Demonstrated application of MBIR™ principles
- Strong evidence of professional competency
- Good alignment with current trauma-informed practice

Typical Requirements

- Complete any identified focused upgrade modules.
- Submit the requested evidence of current professional practice
- Demonstrate competency where required
- Complete any reflective or case-based activities identified during review
- Meet current MBIR™ Professional Standards

Outcome

Following successful completion of all identified requirements, practitioners are awarded the current **Certified MBIR™ Practitioner** certification and are recognised as meeting current MBIR™ Professional Standards.

Important

Assignment to the **Accelerated Upgrade Route** is made following an individual **Transition Review**. Previous training, current professional practice, and demonstrated competency are all considered before a pathway recommendation is made.

Regardless of the recommended pathway, every practitioner who successfully completes the transition process will achieve the same outcome: MBIR™ Certified Practitioner, meeting the current standards of safety, ethics, and professional competency.

Pathway 2 - Bridging Certification

This pathway is recommended for practitioners whose Transition Review identifies the need for structured alignment with the current MBIR™ Professional Standards and certification framework.

Suitable for practitioners needing structured training in updated MBIR™ competencies.

Includes

Module 1 - Updated MBIR™ Framework

- current methodology
- regulation hierarchy
- professional standards

Module 2 - Trauma & Nervous System Safety

- trauma physiology
- freeze
- collapse
- dissociation

Module 3 - Alternative Self Framework

- witnessing
- resource states
- advanced state change

Module 4 - Professional Review & Certification

- competency review
- reflective practice
- evidence of safe professional practice (where required)

Outcome

MBIR™ Certified Practitioner

Following the successful completion of the required learning and competency review.

Pathway 3 - Refresher Route

Suitable for practitioners whose **Transition Review** identifies the need for broader competency rebuilding and structured refresher training before certification.

This route is typically appropriate for practitioners who:

- completed MBIR™ training some time ago
- are not currently practising regularly
- require broader alignment with the current MBIR™ Professional Standards

Typical Components

- refresher training
- supervised skills development
- competency review
- professional reflection

Outcome

MBIR™ Certified Practitioner

Following the successful completion of the refresher pathway and competency review.

Professional Transition Review

Explain that:

- every practitioner begins with a Transition Review
- recommendations are made individually
- evidence may include previous certificates, CPD, supervision, clinical experience and reflective information
- the review is supportive, not an examination
- the aim is alignment with the current Professional Standards

This would tie the guide more closely to your new **Transition Review Application** page.

Section 5 - Practitioner Self-Assessment

The following questions are designed to help you prepare for your **Transition Review**. Your final transition pathway will be determined following an individual professional review.

This better reflects your current process.

Training Recency

When did you last complete formal MBIR™ training?

- within 12 months
- 1–3 years ago
- 3+ years ago

Current Practice

Are you actively using MBIR™ with clients?

- regularly
- occasionally
- rarely
- not currently

Trauma Competency

How confident are you working with:

- freeze responses
- collapse states
- dissociation
- nervous system dysregulation

Alternative Self Framework Competency

Have you received formal training and feel confident working with:

- Alternative Self Framework
- advanced parts work
- resource-state integration
- witnessing and observer-state facilitation

Professional Standards Reflection

Rate your confidence from 1–5 in the following areas:

- scope of practice awareness
- recognising referral thresholds
- trauma-informed pacing
- dissociation recognition
- ethical boundary awareness

A lower score in any area may indicate that further learning or professional development will be recommended as part of your Transition Review.

Section 6 - Transition Timeline

The transition to the current MBIR™ Professional Certification Framework will be introduced in phases to allow existing practitioners sufficient time to complete their Transition Review and any recommended alignment activities.

Phase 1 - Transition Opens

September 2026

Applications for practitioner transition review begin.

Phase 2 - Legacy Upgrade Window

2026–2027

Existing practitioners may complete their Transition Review, undertake any recommended alignment activities, and access legacy transition pricing where applicable.

Phase 3 - Updated Certification Standard

January 2028

The current MBIR™ Professional Certification Framework becomes the standard route for certification.
This wording is clearer and more future-proof.

Transition dates, application windows and legacy arrangements will be published on the MBIR International website and may be updated from time to time.

Section 7 - If You Choose Not to Upgrade

Choosing not to upgrade does not invalidate previous training.

The following still applies:

- previous training remains recognised
- historical certificates remain valid as proof of training completion
- prior attendance remains acknowledged

However:

Only practitioners who meet the current MBIR™ Professional Certification Standards may use current certification titles, professional designations, and MBIR™ directory listings.

Section 8 - Recognition of Early Practitioners

Early MBIR™ practitioners played an important role in the methodology's development.

Their willingness to train, practise, offer feedback, and engage with an evolving approach helped shape MBIR™ into what it is today.

MBIR™ International acknowledges and values this contribution.

We are grateful to every practitioner who has contributed to MBIR™'s development and to the professional community that continues to strengthen it.

Section 9 - Frequently Asked Questions

Will everyone need additional training?

Every practitioner will complete a Transition Review. The amount of additional learning or alignment required will vary depending on prior training, professional experience, and demonstrated competency.

Every practitioner completes a Transition Review. All practitioners recommended for certification will complete the alignment activities identified through that review. The amount of additional learning varies according to previous training, current practice and demonstrated competency.

The amount of additional training varies depending on prior training, current practice, and demonstrated competency.

Will I lose my previous certificate?

No.

Your historical certificate remains valid as evidence of prior training.

Do I need to start from the beginning?

Usually no.

Most existing practitioners will be offered a transition route based on prior experience.

How much will upgrading cost?

Upgrade fees will depend on pathway requirements and training needs.

Legacy pricing may be available during the transition period.

Can I upgrade later?

Yes.

However, legacy transition options may be time-limited.

What if I trained many years ago?

Your pathway will depend on training history, current practice, and competency review.

Section 10 - Next Steps

Step 1

Read this guide fully.

Step 2

Complete the practitioner self-assessment.

Step 3

Submit a transition review application.

Step 4

Receive your recommended pathway.

Closing Message

MBIR™ continues to evolve as a trauma-informed, nervous-system-based methodology grounded in safety, presence, professional integrity, and lifelong learning.

The MBIR™ Professional Certification Framework has been designed to honour the contribution of existing practitioners while ensuring consistent standards for the future of the profession.

We sincerely thank every practitioner who has helped shape MBIR™'s development and look forward to supporting you in the next stage of your professional journey.



MBIR™

MINDFULNESS BASED INNER REPATTERNING™

THANK YOU FOR BEING PART OF THE MBIR™ EVOLUTION

Your commitment to growth, safety, and professional excellence
helps create meaningful change in the lives of others
and in the world around us.

Together, we are raising the standard.
Together, we are building the future.

OUR SHARED COMMITMENT



EVIDENCE-INFORMED

Grounded in research, trauma-informed principles, and nervous system understanding.



SAFETY-FIRST

Prioritising safety, ethics, and wellbeing in every interaction and application.



PROFESSIONAL EXCELLENCE

Upholding the highest standards of integrity, competency, and continuous growth.



GLOBAL IMPACT

Creating positive change in communities through compassionate, skilled practitioners.



FUTURE FOCUSED

Continuously evolving to meet the needs of today while preparing for tomorrow.



OUR MISSION

To advance trauma-informed, evidence-based practice through comprehensive training, rigorous standards, and global recognition—empowering practitioners to create meaningful, lasting change.



*Honouring where we began.
Supporting where we are going.*



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Thank you for being part of a global community
dedicated to transforming lives and
strengthening the future of our profession.



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