

MBIR™ Ethical Decision-Making Quick Reference Guide

Mindfulness Based Inner RePatterning™ (MBIR™)

Professional Standards Resource

Purpose

This guide provides a simple framework to support ethical, professional, and trauma-informed decision-making in MBIR™ practice.

Step 1: Consider Client Welfare

What best supports the client's wellbeing?

Does this promote safety?

Could this action cause harm?

Does this support client autonomy?

Is this in the client's best interests?

Step 2: Review Ethical Principles

Which ethical principles are relevant?

Are there competing considerations?

Does this align with trauma-informed practice?

Does this support respect and autonomy?

Does this reflect professional integrity?

Step 3: Consider Professional Responsibilities

Am I working within my competence?

Is this within my scope of practice?

Do I have the necessary skills and experience?

Would collaboration be beneficial?

Is referral appropriate?

Step 4: Seek Guidance

Would supervision be helpful?

Is consultation appropriate?

What additional information may be useful?

Is another perspective needed?

Step 5: Document Decisions

What decision was made?

Why was it made?

What information informed the decision?

What follow-up may be required?

Quick Ethical Reflection Checklist

- ☐ Am I acting in the client's best interests?
- ☐ Does this support safety?
- ☐ Does this respect client autonomy?
- ☐ Am I working within my competence?
- ☐ Is this within my scope of practice?
- ☐ Have I considered relevant ethical principles?
- ☐ Would consultation be beneficial?
- ☐ Have I documented important decisions?

Referral Considerations

Referral may be appropriate when client needs exceed your competence, specialist support is required, or collaborative working would better support the client.

Reflective Practice Prompt

What happened?

What factors influenced my decision?

What ethical principles were relevant?

What did I learn?

What might I do differently next time?

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