

MBIR™ Ethical Principles Guide

Mindfulness Based Inner RePatterning™ (MBIR™) International

Professional Standards Resource

Introduction

This guide outlines the ethical principles that support safe, trauma-informed, client-centred and professional MBIR™ practice. Ethical practice is not simply a matter of following rules; it involves embodying responsibility, awareness, integrity and respect in every professional interaction.

Client Welfare

The wellbeing of the client remains the primary consideration in professional practice. Practitioners seek to create conditions that support safety, autonomy and positive outcomes while avoiding unnecessary harm.

Respect for Autonomy

Clients have the right to make informed choices regarding their participation and care. Practitioners support self-agency, informed decision-making and respect for differing perspectives and beliefs.

Trauma-Informed Practice

MBIR™ practitioners recognise the impact of trauma and prioritise safety, regulation, pacing and client choice. Regulation is prioritised before deeper exploration.

Professional Integrity

Practitioners act honestly, responsibly and transparently. Qualifications, experience and potential outcomes are represented accurately and ethically.

Informed Consent

Clients should understand the nature and purpose of MBIR™ services, including benefits, limitations and expectations. Consent is viewed as an ongoing process.

Confidentiality

Information shared within professional relationships is treated respectfully and confidentially, subject to legal, safeguarding or professional obligations.

Professional Competence

Practitioners maintain and develop their knowledge, skills and self-awareness through ongoing learning, reflection and professional development.

Scope Awareness

Practitioners recognise the limits of their training, experience and role, making referrals or collaborating with other professionals when appropriate.

Professional Boundaries

Healthy professional boundaries support safe and effective therapeutic relationships and help protect both clients and practitioners.

Reflective Practice

Ethical practice requires ongoing self-reflection, consultation and learning. Practitioners are encouraged to review their work regularly and engage in professional development.

Ethical Decision-Making Framework

1. Consider Client Welfare
2. Review Ethical Principles
3. Consider Professional Responsibilities
4. Seek Guidance
5. Document Decisions When Appropriate

Reflective Practice Checklist

- Am I acting in the client's best interests?
- Am I working within my competence?
- Have I considered relevant ethical principles?
- Would consultation or supervision be helpful?
- Have I documented important decisions appropriately?

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