

MBIR™ Ethical & Professional Practice Principles

Professional principles supporting safe, ethical, trauma-informed, and nervous-system-oriented MBIR™ practice.

This document outlines the developing ethical and professional principles intended to support safe, responsible, and coherent MBIR™ practice. These principles are designed to encourage trauma-informed facilitation, nervous-system-aware application, professional integrity, reflective development, and responsible representation of the methodology.

Trauma-Informed Principles

MBIR™ practice is intended to support safety, pacing, regulation awareness, and non-coercive facilitation. Practitioners are encouraged to:

- prioritise nervous-system safety
- avoid overwhelm and excessive activation
- support present-state awareness
- respect client pacing and readiness
- work within ethical and appropriate boundaries

Nervous-System-Oriented Practice

MBIR™ is being developed as a nervous-system-oriented methodology grounded in regulation, coherence, and present-state awareness. Practitioners are encouraged to:

- maintain regulation awareness
- support coherence and stabilisation
- recognise signs of dysregulation
- avoid excessive analytical processing where inappropriate
- encourage grounded, embodied awareness

Professional Responsibility

Practitioners are encouraged to maintain professional responsibility and appropriate conduct within all areas of practice. This includes:

- ethical communication
- respectful client interaction
- professional boundaries
- responsible facilitation
- maintaining integrity in professional representation

Scope Awareness & Referral Responsibility

Practitioners are encouraged to work within appropriate scope and recognise limitations of competence. This includes: • appropriate referral awareness • recognising situations requiring additional support • avoiding unsupported claims • maintaining non-diagnostic positioning where appropriate • respecting multidisciplinary collaboration where relevant

Ethical Communication & Representation

MBIR™ practitioners are encouraged to represent the methodology responsibly and professionally. Practitioners should avoid: • exaggerated claims • misleading marketing • unrealistic promises • misrepresentation of professional qualifications • irresponsible use of methodology terminology

Reflective Practice & Ongoing Development

The MBIR™ framework encourages reflective professional development and continued learning. Practitioners are encouraged to engage in: • reflective practice • mentoring and peer discussion • ongoing nervous-system education • self-awareness and regulation development • continued professional refinement

Methodology Stewardship

As MBIR™ continues to evolve internationally, attention is being given to consistency, integrity, ethical development, and responsible methodology stewardship. The intention is to support both innovation and coherent preservation of the core principles of the methodology.

Framework Development Note

These principles are intended as a developing professional framework and may continue evolving alongside the ongoing development of the MBIR™ methodology and international practitioner framework.