

MBIR™ Practitioner Competency Framework

Professional Standards Resource

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Introduction

The MBIR™ Practitioner Competency Framework outlines the professional principles, practitioner capacities, ethical awareness, and nervous-system-informed competencies underpinning MBIR™ practice.

The framework is designed to support safe, regulation-oriented, trauma-informed professional development and responsible client facilitation.

Competency within MBIR™ is understood not only as technical knowledge, but as the ongoing development of practitioner awareness, regulation capacity, ethical maturity, relational safety, and reflective professional practice.

Core Practitioner Competencies

MBIR™ practitioners are encouraged to develop competencies including:

- Present-state awareness
 - Nervous-system-informed facilitation
 - Regulation-oriented practice
 - Trauma-informed pacing
 - Relational safety and co-regulation
 - Grounded practitioner presence
 - Ethical professional boundaries
 - Reflective awareness
 - Stabilisation and integration support
 - Responsible facilitation within client capacity
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Present-State Awareness

MBIR™ places strong emphasis on present-state awareness as a foundation for safe, regulation-oriented, trauma-informed practice.

Practitioners are encouraged to support awareness of what is occurring within present experience rather than relying primarily on analytical exploration or interpretive processing.

This may include awareness of:

- nervous-system activation and settling
 - emotional and physiological shifts
 - body sensations
 - breath changes
 - attentional shifts
 - emerging internal responses
 - relational safety cues
 - regulation and dysregulation patterns
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Practitioner Embodiment

Within MBIR™, practitioner state is considered part of the therapeutic environment.

Practitioners are encouraged to cultivate:

- grounded presence
- nervous-system regulation
- self-awareness
- emotional congruence
- reflective awareness
- attuned pacing
- calm facilitation
- compassionate neutrality
- non-reactive professional presence

The emphasis is not on perfection, but on increasing awareness, regulation capacity, ethical presence, and relational safety.

What MBIR™ Competencies Are Not Based On

MBIR™ competencies are not based on:

- forced emotional disclosure
- practitioner-led interpretation
- emotional overwhelm or flooding
- memory excavation
- coercive facilitation
- destabilising catharsis
- intensity-driven processing
- rigid protocol memorisation alone

The emphasis instead remains on awareness, regulation, pacing, stabilisation, integration, and safe facilitation within client capacity.

Developmental Levels

Level 1 — MBIR™ Foundations

Personal regulation, nervous-system awareness, and understanding of core MBIR™ principles.

Level 2 — MBIR™ Practitioner

Safe and ethical client facilitation using regulation-oriented and trauma-informed principles.

Level 3 — Advanced MBIR™ Practitioner

Working with increasingly complex presentations and integration processes.

Level 4 — MBIR™ Mentor

Supporting practitioner development through reflective practice and mentoring.

Level 5 — Certified MBIR™ Trainer

Teaching the MBIR™ methodology while maintaining professional standards and framework integrity.

Competency Development & Assessment

Competency development within MBIR™ may include:

- observed practical application
- mentoring participation
- reflective practice
- case study work
- ethical awareness
- practitioner self-regulation
- ongoing professional development

The intention is to support practitioner capability rather than technique memorisation alone.

Scope Awareness & Professional Responsibility

MBIR™ practitioners are expected to work within the limits of their training, professional background, experience, and legal scope of practice within their country or profession.

Professional competency includes recognising both capability and limitation.

MBIR™ does not replace medical, psychological, psychiatric, or emergency care where such support is required.

Closing Statement

MBIR™ is intended to support regulation-oriented, trauma-informed, ethically grounded practitioner development and safe professional facilitation.

The framework emphasises awareness, regulation, stabilisation, relational safety, reflective development, and professional responsibility as central components of competency-based practice.