

MBIR™ Practitioner Pathway Handbook

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

This handbook provides an overview of the MBIR™ Practitioner Pathway framework and the principles supporting the development of MBIR™ as a structured professional methodology. The pathway framework is intended to encourage safe, ethical, reflective, and competency-based development across practitioner, mentoring, and training levels while supporting nervous-system-informed practice and long-term methodology integrity.

About the MBIR™ Framework

MBIR™ is being developed as a trauma-informed, non-analytical, nervous-system-oriented methodology supporting present-state awareness, regulation, coherence, and adaptive integration. The practitioner pathway framework is designed to support progressive development rather than attendance alone. The intention is to encourage ethical responsibility, practitioner embodiment, reflective learning, and safe professional application.

Core Principles

The MBIR™ framework is being developed around several central principles: • trauma-informed facilitation • nervous-system safety • present-state awareness • non-analytical methodology principles • ethical practice • reflective professional development • competency-based progression • practitioner coherence and regulation • methodology integrity and stewardship

The Practitioner Development Philosophy

The MBIR™ pathway framework recognises that practitioner development is an ongoing process involving personal regulation, reflective awareness, practical experience, mentoring, ethical

responsibility, and continued learning. The intention is to support long-term professional growth while maintaining safe, grounded, and coherent application of the methodology.

The Five-Level Professional Pathway

Level	Overview
Level 1 — MBIR™ Foundations	Introduction to the core principles, nervous-system-oriented framework, regulation
Level 2 — MBIR™ Practitioner	Professional practitioner training focused on safe facilitation, client application, re
Level 3 — Advanced MBIR™ Practitioner	Advanced integration pathway supporting deeper practitioner skill development a
Level 4 — MBIR™ Mentor	Professional mentoring pathway supporting practitioner reflection, ethical develop
Level 5 — Certified MBIR™ Trainer	Trainer pathway supporting responsible teaching, methodology stewardship, stan

Competency-Based Progression

Progression within the MBIR™ pathway framework is intended to support demonstrated competency, reflective practice, mentoring participation, ethical responsibility, and practical integration of methodology principles. The framework is being developed to support meaningful practitioner growth rather than attendance-only progression.

Reflective Practice & Mentoring

Reflective learning and mentoring are considered important components of professional development within the MBIR™ framework. Practitioners are encouraged to engage in: • reflective practice • mentoring and peer discussion • continued nervous-system education • ongoing professional learning • ethical reflection • practitioner self-regulation and coherence

Professional Responsibility

MBIR™ practitioners are encouraged to work within appropriate scope, maintain professional responsibility, recognise limitations of competence, and refer appropriately where needed. The framework is intended to support safe, ethical, trauma-informed professional practice.

Stewardship of the Methodology

As MBIR™ continues to evolve, attention is being given to maintaining consistency, integrity, ethical standards, and responsible international development. The intention is to support both innovation and coherent methodology stewardship while preserving the core principles of the approach.

International Development Vision

The long-term intention of the MBIR™ framework is to support the development of an internationally recognised professional methodology grounded in nervous-system-informed, trauma-aware, ethical, and competency-based practice.