

# MBIR™ Referral & Collaborative Practice Guidelines

Professional Governance & Collaborative Care Framework

Version 1.0

MBIR International™

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## Disclaimer

MBIR™ (Mindfulness-Based Inner RePatterning™) is a complementary, regulation-oriented methodology designed to support nervous-system regulation, stabilisation, awareness, and transformational facilitation.

MBIR™ practitioners do not replace medical, psychiatric, psychological, or emergency services unless separately qualified and legally authorised to do so.

## Purpose of This Document

The purpose of these guidelines is to support ethical and professionally responsible practice, public protection, practitioner awareness of professional limitations, collaborative support, and safe referral decision-making.

## Professional Responsibility

MBIR™ practitioners are expected to work within the limits of their training and competence, prioritise client wellbeing and safety, recognise when referral may be appropriate, and maintain ethical integrity and professional boundaries.

## The Role of MBIR™ Practice

MBIR™ is designed to support nervous-system regulation, stabilisation, present-state awareness, emotional regulation, and regulation-oriented transformational facilitation. MBIR™ is not intended to function as emergency care, crisis intervention, or psychiatric diagnosis.

## Collaborative Practice Principles

Where appropriate, practitioners are encouraged to work respectfully alongside medical professionals, psychotherapists, counsellors, psychologists, psychiatrists, social workers, safeguarding professionals, and complementary practitioners.

## **When Referral May Be Appropriate**

Referral, consultation, or additional support may be appropriate where client needs exceed practitioner competency, significant mental health concerns are present, safeguarding concerns arise, or specialist support would benefit the client.

## **Examples of Situations Requiring Additional Support Consideration**

Examples may include active suicidal ideation, psychosis, severe psychiatric instability, safeguarding concerns, serious dissociation, substance dependency, severe trauma destabilisation, or complex presentations beyond practitioner training.

## **Trauma-Informed Referral Awareness**

Referral decisions should be approached in a trauma-aware and nervous-system-informed manner with respect for client dignity, emotional safety, pacing, and autonomy.

## **Emergency & Crisis Situations**

MBIR™ practitioners are not emergency response providers unless separately qualified.

Practitioners should encourage appropriate emergency or safeguarding support according to local laws and responsibilities.

## **Ethical Communication**

Practitioners should avoid discouraging clients from seeking medical or psychiatric care, making exaggerated claims, or representing MBIR™ as a replacement for healthcare.

## **Governance & Public Protection**

These guidelines form part of the wider MBIR™ professional governance framework intended to support public protection, ethical practice, professional standards, and practitioner accountability.

## **Copyright**

