

MBIR™ Reflective Practice & Ethical Awareness Workbook

Mindfulness Based Inner RePatterning™ (MBIR™)

Professional Standards Resource

Introduction

Ethical practice requires ongoing reflection, awareness, learning, and professional development. This workbook is designed to support deeper ethical awareness through reflective practice.

Understanding Reflective Practice

Reflection helps practitioners increase self-awareness, recognise strengths and limitations, improve decision-making, enhance client care, and strengthen ethical practice.

What does ethical practice mean to me?

Client Welfare Reflection

How did I prioritise client welfare?

Were there competing considerations?

Autonomy and Client Choice

How did I support the client's right to choose?

How could I strengthen autonomy in future work?

Trauma-Informed Reflection

How did I support nervous system regulation?

Were there moments where I could have slowed down further?

Professional Integrity

Have I represented my qualifications accurately?

Have I communicated honestly with clients?

Scope of Practice Review

Have I worked within my competence?

Do I require additional training in any area?

Ethical Decision-Making Review

What decision was required?

What did I learn?

Reflective Learning Log

Date: _____

Learning Experience: _____

Key Insight: _____

Action to Take: _____

Review Date: _____

Professional Development Planning

Areas of Strength: _____

Areas for Development: _____

Planned Learning Activities: _____

Annual Ethical Self-Review

Rate yourself 1–5 in Client Welfare, Professional Integrity, Trauma-Informed Practice, Scope Awareness, Reflective Practice, and Professional Development.

Personal Commitment Statement

I commit to maintaining ethical, trauma-informed, client-centred, and professionally responsible MBIR™ practice.

Name: _____

Date: _____

Signature: _____

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