

MBIR™ Scope of Professional Practice

Governance & Professional Standards Framework

Version 1.0

MBIR International™

Disclaimer

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

MBIR™ is not intended to diagnose, treat, cure, or prevent medical or psychiatric conditions and is not a substitute for appropriate medical, psychological, psychiatric, or emergency care.

Practitioners are expected to work within their professional training, legal jurisdiction, competency level, and applicable laws and regulations at all times.

Purpose of This Document

The MBIR™ Scope of Professional Practice framework exists to support safe and ethical professional practice, trauma-informed facilitation, nervous-system-aware professional standards, practitioner accountability, public protection, and professional clarity regarding practitioner responsibilities and limitations.

The Nature of MBIR™ Practice

MBIR™ is a trauma-informed, nervous-system-oriented methodology designed to support regulation and stabilisation, present-state awareness, nervous-system safety, emotional regulation, body-based awareness, co-regulation processes, transformational facilitation, and non-analytical approaches to change.

Professional Responsibilities

MBIR™ practitioners are expected to work within the limits of their competence and training, maintain appropriate professional boundaries, obtain informed consent, maintain confidentiality within applicable legal and ethical limits, prioritise client safety and wellbeing, practise ethically, and engage in ongoing professional development.

Practitioner Regulation & Presence

MBIR™ recognises practitioner regulation, pacing, and professional presence as important aspects of safe facilitation. Practitioners are encouraged to maintain awareness of their own nervous-system state, pacing, co-regulation dynamics, and grounded professional presence.

Client Autonomy & Disclosure

MBIR™ does not require detailed trauma disclosure, extensive emotional reliving, or analytical exploration in order to support regulation-oriented transformational work.

Practitioners are expected to respect client pacing, autonomy, readiness, privacy, consent, and emotional safety.

Trauma-Informed & Regulation-Based Practice

MBIR™ places strong emphasis on nervous-system-informed and trauma-aware facilitation including emotional safety, stabilisation before deeper processing, grounding, appropriately paced facilitation, and awareness of dysregulation and shutdown states.

Limits of Practice

MBIR™ practitioners must not diagnose medical or psychiatric conditions unless separately qualified and legally authorised to do so, prescribe medication, advise clients to discontinue treatment, claim to cure disease, or practise beyond their competency or legal authority.

Referral & Collaborative Responsibility

Referral or additional support should be considered where client needs exceed practitioner competence, safeguarding concerns arise, significant mental health concerns are present, or specialist support is required.

Ethical & Professional Accountability

MBIR™ practitioners are expected to uphold ethical integrity, professional conduct, responsible communication, confidentiality, and honest representation of qualifications and certification.

Governance & Standards Development

MBIR™ professional standards, competencies, and governance frameworks are intended to evolve alongside emerging understanding in trauma-informed practice, nervous-system regulation, professional ethics, and practitioner development.

Copyright

© 2026 Tania A Prince. All rights reserved.