

# MBIR™ Digital Practice Checklist

*Professional Standards Companion Resource*

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This checklist is designed to support safe, ethical, trauma-informed, and responsible MBIR™ online practice.

## Before Online Sessions

- Ensure a stable internet connection.
- Use a private, professional, and calm working environment.
- Minimise interruptions, distractions, and background noise.
- Ensure devices are fully charged or connected to power.
- Test camera, microphone, and platform functionality before sessions.
- Use secure and appropriate communication platforms where possible.

## Client Safety & Nervous-System Awareness

- Remain aware of signs of overwhelm, shutdown, activation, dissociation, or dysregulation.
- Support pacing and present-state awareness where appropriate.
- Consider orientation and grounding within online environments.
- Avoid unnecessary cognitive overload or overstimulation.
- Support safe and regulated session closure.

## Confidentiality & Privacy

- Maintain confidentiality within online and digital settings.
- Ensure client information is handled responsibly.
- Remain aware of data protection responsibilities within your region.
- Avoid sharing confidential information through insecure channels.
- Clarify confidentiality limitations associated with technology.

## Consent & Recording Awareness

- Ensure informed consent has been obtained before commencing online work.
- Clarify the nature and limitations of online sessions.
- Do not record sessions without informed consent from all relevant parties.
- Explain any use of recordings, digital tools, or transcription systems where applicable.

## Professional Communication & Boundaries

- Maintain respectful and professional communication.
- Maintain appropriate practitioner-client boundaries online.
- Ensure social media and messaging interactions remain professional.
- Represent qualifications and services ethically and accurately.

## Technology & Digital Responsibility

- Remain aware of platform limitations and risks.
- Use digital systems responsibly and ethically.
- Consider whether digital tools support or compromise client wellbeing.
- Maintain awareness of ethical responsibilities when using AI or digital tools.

## Professional Reflection

- Did the online environment support safety and professionalism?
- Were there signs of dysregulation or overwhelm that required additional pacing?
- Did the technology support or interfere with the session?
- Were professional boundaries and confidentiality maintained?
- Are there any follow-up actions required to support client safety or continuity of care?