

MBIR™ Trauma-Informed Digital Safety Guidelines

Professional Governance Resource

Purpose of These Guidelines

These guidelines are designed to support safe, ethical, trauma-informed, and nervous-system-aware MBIR™ online practice. They aim to support practitioner awareness of how digital environments may influence regulation, attention, emotional processing, orientation, and client safety.

Understanding Nervous-System Impact in Online Environments

- Online environments can affect nervous-system regulation differently from in-person interactions.
- Screen fatigue, cognitive overload, sensory stimulation, and environmental distractions may increase dysregulation or overwhelm.
- Trauma-impacted individuals may experience increased shutdown, dissociation, activation, fatigue, or difficulty orienting within digital environments.

Signs of Dysregulation in Online Sessions

- Sudden emotional overwhelm or flooding
- Freeze or shutdown responses
- Dissociation or disconnection
- Rapid speech or difficulty concentrating
- Breath restriction or visible activation
- Fatigue, collapse, or difficulty remaining present

Reducing Cognitive & Sensory Overload

- Minimise unnecessary visual clutter and distractions.
- Use calm and professional digital environments.
- Allow pauses and slower pacing where appropriate.
- Avoid overwhelming clients with excessive information or rapid processing demands.
- Remain aware of screen fatigue and nervous-system load.

Orientation & Grounding

- Support present-state orientation where appropriate.

- Encourage awareness of the immediate environment and physical surroundings.
- Use pacing, pauses, breath awareness, or grounding practices where suitable.
- Remain aware of signs that a client may be becoming disoriented or overwhelmed.

Safe Session Structure & Closure

- Support regulated session pacing.
- Avoid abrupt endings following emotionally activating work.
- Allow time for orientation and stabilisation before session completion.
- Encourage clients to reconnect with their environment following intense emotional processing.

Digital Environment Recommendations

- Use stable internet and reliable technology where possible.
- Maintain calm lighting and professional presentation.
- Reduce background noise and interruptions.
- Support environments that minimise unnecessary sensory stimulation.

Practitioner Self-Regulation & Presence

- Practitioners remain aware of their own nervous-system regulation and presence during sessions.
- Professional presence, pacing, calmness, and orientation may influence client regulation.
- Practitioners are encouraged to maintain reflective practice and professional self-awareness.

Important Clarification

These guidelines are intended as professional guidance and educational support. Practitioners remain responsible for complying with relevant laws, regulations, insurance requirements, and professional responsibilities within their own region and scope of practice.