

MBIR™ Digital & Online Practice Standards Framework

Version 1.0 | Reviewed Annually

Professional Governance Framework

The MBIR™ Digital & Online Practice Standards form part of the wider MBIR™ professional governance framework supporting safe, ethical, trauma-informed, and responsible international practice.

Core Principles of Digital Practice

- Practitioners uphold confidentiality within online and digital settings.
- Clients are informed of the nature, boundaries, benefits, and limitations of online MBIR™ practice.
- Digital communication remains respectful, professional, and supportive of client safety.
- Practitioners maintain appropriate practitioner-client boundaries across online environments.

Confidentiality & Privacy

- Practitioners take reasonable steps to protect client privacy and confidentiality.
- Secure platforms and responsible data handling procedures are used where appropriate.
- Practitioners remain aware of regional privacy and data protection responsibilities.

Informed Consent & Recordings

- Clients are informed about online delivery, potential limitations of technology, and practitioner responsibilities.
- Sessions are not recorded without informed consent from all relevant parties.
- Practitioners maintain transparency regarding digital content and recordings.

Professional Communication Standards

- Professional communication standards are maintained across email, messaging, social media, and online learning environments.
- Public-facing communication supports safety, professionalism, and ethical representation.

Trauma-Informed Digital Delivery

- Practitioners remain aware of signs of overwhelm, shutdown, dissociation, activation, or nervous-system dysregulation during online sessions.
- Online delivery should minimise unnecessary overwhelm, confusion, or excessive cognitive load.
- Practitioners support regulated session endings and orientation where appropriate.

Responsible Use of Technology

- Practitioners remain aware of platform limitations and data protection responsibilities.
- Technology and AI tools are used ethically and responsibly in support of client wellbeing.

Regional Legal Responsibilities

MBIR™ practitioners remain responsible for understanding and complying with applicable laws, insurance requirements, and professional regulations within their own location and scope of practice. These standards are intended as professional guidance and do not constitute legal advice.

Review & Evolution

These standards may evolve over time in response to emerging research, professional feedback, legal changes, and advances in trauma-informed digital practice.