

## Code of Ethics and Standards of Practice

PREFACE: The following Code of Ethics sets forth ethical obligations for Professional Members of The Body-Mind Centering® Association, Inc. Its purpose is to define responsible professional behavior for Professional Members.

Body-Mind Centering is an approach to movement re-education and analysis developed by Bonnie Bainbridge Cohen. It is an experiential study based on anatomical, physiological, psychological and developmental movement principles, which leads to an understanding of how the mind is expressed through the body in movement.

The ethical guidelines set forth below pertain to the individual Professional Member and to the practice of Body-Mind Centering and are set forth for the purpose of protecting the public and the Professional Members, by delineating and promoting core professional standards and fostering individual integrity.

Members of BMCA are advised to investigate carefully their own state or country licensing structures in order to stay informed of professional and legal rights and obligations of Professional Members, as well as of the legal rights and requirements for private practice.

### Code

A BMCA Professional Member:

1. Is licensed or certified as required by applicable law in the jurisdiction in which the Professional Member practices.
2. Practices upon completion of professional education and training and does not misrepresent the level of training completed.
3. Adheres to the responsibilities of the practitioner/client agreement or contract.
4. Knows and complies fully with all laws and regulations pertaining to the protection of the public in the practice of Body-Mind Centering.
5. Practices under supervision, where relevant or required, appropriate to professional status and areas of expertise.
6. Respects and protects the legal and personal rights of clients.
7. Represents the profession and the individual roles within the profession honestly; adheres to professional standards in announcing services and reporting unprofessional conduct.

This Code is designed to be used together with the Ethical Standards of Practice for Professional Members of The Body-Mind Centering® Association, Inc.

“Professional members” are comprised of Certified Teachers, Certified Practitioners, Somatic Movement Educators, Infant Developmental Movement Educators, Embodied Anatomy and Yoga program graduates, and Embodied Developmental Movement and Yoga program graduates.

# ETHICAL STANDARDS OF PRACTICE FOR PROFESSIONAL MEMBERS OF THE BODY-MIND CENTERING® ASSOCIATION, INC.

## PREFACE:

The Principles listed in the Ethical Standards of Practice for Professional Members of The Body-Mind Centering Association, Inc. ("BMCA"), are principles which define a professional level in the practice of Body-Mind Centering. Together with the Code of Ethical Practice, the Standards are guidelines for personal conduct and serve as a model for practicing BMCA Professional Members.

## PRINCIPLES

**Principle 1: Education and Training.** In the interest of the public and the profession as a whole, a Professional Member practices Body-Mind Centering only after adequate preparation. This consists, at a minimum, of completion of the training program at the School for Body-Mind Centering®, the conferral of certification or graduation in the relevant training category by the School, joining The Body-Mind Centering Association, Inc. as a Professional Member, and maintaining good standing as a BMCA Professional Member.

**Principle 2: Professional Member Responsibilities.** A Professional Member establishes a relationship with the client, which includes the following:

- A. Establishment with the responsible parties (client where possible, or appropriate authority), of a mutually acceptable agreement or contract, regarding goals, methods of implementation, relation to other professionals, and conditions of termination.
- B. Provision of an appropriate setting for work, with reasonable standards of safety, security and privacy.
- C. Collaboration with other professionals when appropriate. Referral of the client to the appropriate professional or agency when circumstances require it.
- D. Maintenance of systematic records, where appropriate or required, containing discreet but pertinent information which can be made available for evaluation by supervisors and other professionals for case presentations and personal review, or at the individual's request. See Principle 3A.
- E. Avoidance of exploitation of the trust and confidence of the practitioner/client relationship. Avoidance of manipulation, whether psychological, sexual or otherwise, of the client by the practitioner.

**Principle 3: Legal and Personal Rights.** A Professional Member protects and respects clients' rights:

- A. Maintains in accordance with applicable law the confidentiality of written and taped records.
- B. Engages in discussions of clients for professional purposes only, and avoids disclosure of client identity except when essential.
- C. Obtains written permission before using any identifying/identifiable client information contained within audio or video tapes or photographs.
- D. Respects right of informed consent and other legal requirements when involving clients, clients' records or videotapes for research purposes.
- E. Preserves the client's anonymity outside the professional setting.
- F. Refrains from discriminating because of race, color, religion, age, sex, national origin, marital status or sexual orientation of clients.
- G. Whenever possible, endeavors to ensure access for physically and economically challenged

populations.

Principle 4: Cognizance of and Compliance with Laws and Regulations. The Professional Member has the responsibility to know and follow all local, state or national laws regulating practice, and to be licensed or certified in accordance with applicable law in the jurisdiction in which the Professional Member practices. Such knowledge and compliance assure the protection of client welfare and confidentiality.

Principle 5: Supervision. Supervision refers to the interaction necessary to clarify and improve the practitioner/client process. Professional Members may choose to engage in supervision on a voluntary basis and may choose supervisors who may or may not be other Professional Members. The nature of professional supervision may vary with the focus of the Professional Member's professional skills.

Principle 6: Private Practice. A Professional Member in private practice follows all aspects of the Code of Ethics, specifically those regarding knowledge of state and national regulations required to meet the qualifications recognized for private practice.

Principle 7: Professional Conduct and Representation. A Professional Member supplying information to the public, either directly or indirectly, about Body-Mind Centering or the services, qualifications and affiliations of Professional Members has an obligation to report fairly and accurately.

A. A Professional Member does not use affiliation with BMCA for purposes that are misleading to the public.

B. A Professional Member assists the public in identifying Professional Members competent to give dependable professional service. A Professional Member reports to the BMCA Ethics Committee on substandard services rendered by fellow professionals only when professionally, legally, or ethically required.

Principle 8: Limitations. A Professional Member recognizes the boundaries of competency and limits of responsibility.

A. Practices within the limitations of the Professional Member's licensure/certification, training, expertise and area of specialization.

B. Consults with other specialists when necessary, and/or refers clients to them.

Principle 9: Orientation. A Professional Member understands and follows the procedures and orientation of the facility with which the Professional Member chooses to associate and functions accordingly.

A. The Professional Member adheres to the agreed upon employment contract with the employing facility.

B. The Professional Member respects the rights and reputation of the employing facility and acts accordingly.

Revised, February, 2005.

For more information, contact BMCA Ethics Committee