

Dreamshadow Transpersonal Breathwork

Ethical Guidelines

INTRO

The purpose of these Ethical Guidelines is to support Dreamshadow Transpersonal Breathwork (DTB) facilitators in providing workshops that incorporate the values of DTB and honor the primary goal of ensuring the well-being of all participants.

ETHICAL PRINCIPLES

The Principles of Ethics are meant to guide facilitators in developing an exemplary practice. These are a set of desirable values and principles to which facilitators should continuously aspire.

1. **Accountability and Responsibility:** Facilitators should demonstrate commitment to providing the highest quality workshops for participants.
2. **Self-care:** Facilitators should maintain a lifestyle that integrates self-care in order to optimize their ability to be present for participants.
3. **Self-awareness:** Facilitators should be aware of their own strengths and limitations and continuously strive to improve their abilities. They should recognize when their physical or mental state may limit their ability to care for participants.
4. **Respect:** Facilitators should honor the inherent worth of individual participants and colleagues by showing respect for their beliefs and values and ensuring a safe space for people to grow at their own pace.
5. **Non-discrimination:** Facilitators should avoid discrimination on the basis of race, religion, national origin, gender, sexual orientation, age, social status or previous life experience.
6. **Trustworthiness:** Facilitators should strive to develop a trusting and supportive relationship with participants and encourage the development of a community around DTB, for those participants open to it.
7. **Community:** Facilitators should seek to establish a collaborative relationship with other facilitators to develop a network for helping to resolve issues and questions that inevitably arise when offering workshops.
8. **Education and Research:** Facilitators should continue to educate themselves to maintain a high level of practice. Facilitators should strive to stay educated by engaging courses, reading, etc.

RULES OF ETHICS

The Rules of Ethics provides facilitators with standards of conduct that should be followed to ensure a safe environment for participants and colleagues during the course of workshops.

1. **Confidentiality:** Strict confidentiality is of the utmost importance. Facilitators should acknowledge and protect the confidential nature of participants' experience. They should refrain from sharing personal information about the participants without their explicit and written consent. They should encourage workshop participants to avoid discussing other participants' experience outside of the group. It is vital that participants feel able to express deeply personal information and experiences.

2. **Truthfulness:** Facilitators should be honest with participants and prospective participants. They should not misrepresent their experience and training. Facilitators should provide all information regarding breathwork and bodywork and avoid promoting benefits or results that haven't been established so that participants can make informed decisions about the practice. Facilitators should strive to honor all commitments to participants and colleagues.
3. **Accountability and Responsibility:** Facilitators should accept the responsibility to do no physical, mental or emotional harm to participants and colleagues. This includes but is not limited to:
 1. Taking precautions to provide a safe physical and emotional space for participants and colleagues.
 2. Refraining from inappropriate touch or any sexual conduct involving participants.
 3. Providing their full attention while engaged with participants and recognizing their own limitations and boundaries and acting within their own limits.
 4. Screening prospective participants prior to workshops. As much as possible, offer alternatives to those whose needs the facilitator may not be equipped to handle, those who may impede the group process or whose physical or emotional well-being may be jeopardized by the experience.
 5. Being aware of participants' medical conditions and medications in order to avoid injuries and prevent negative health consequences of DTB.
 6. Ensuring that helpers have the ability, training, support and supervision necessary to assist safely.
4. **Accepting the Participant's Experience:** Facilitators should refrain from making psychological and/or medical diagnoses either explicitly or implicitly of participants. Facilitators must respect the principle that material that participants need to attend will come to the fore if their process is effectively and safely supported.

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