

IBTA Professional Training Standards for Breathworkers- Guiding Optimum Life Breathology™

PositivEnergyWorks (P.E.W), although not an affiliate member of The International Breathwork Training Alliance (IBTA), but a member of the International Breathwork Foundation (IBF) have adopted some of the IBTA standards for Breathworkers, so that an identity for the work as an Optimum Life Breathologist can have professional recognition and standards of practice.

Training Standards for Breathworkers according to IBTA:

The following training standards for professional breathworkers was ratified in 2003 by the collaborative effort of some 22 breathwork schools and training programs around the world.

A breathwork training is a course of study designed to train people to be professional breathworkers. Trainees may choose not to practice after graduation but the course is designed to give them the skills and knowledge to work with clients as a profession, should they choose to do so. This is markedly different to a breathwork seminar where participants work on their personal development through the medium of breathwork. Such seminars are often called 'trainings.' What follows refers to the training of professional breathworkers and not to personal growth seminars.

The following recommendations are based on a synthesis of contributions of established breathwork training schools worldwide.

1. Length of Training

Requirement: A minimum of 400 hours of training time over a minimum of 2 years training period. The division of these hours may include classroom training, assisting at Breathwork Trainings, Supervised practice with clients, observation of Breathwork sessions, individual Breathwork sessions received from trainers, written assignments and readings **and may vary with programs.**

As a trained Optimum Life Breathologists, who will NOT work as intensely in the "non-ordinary" states of consciousness, as most Breathworkers do, but will work more in Breath Mechanics, P.E.W. has designed the 2 phase training study that will equate to the above standards suggested by IBTA.

2. Entry Requirements:

It is recommended that training objectives and entry requirements be communicated clearly in writing to training candidates and that they be notified of what entry criteria they meet with and what they would need to do to be eligible.

- A minimum of 10 Breathology sessions impacting self and others,
- Experience in group work,
- Demonstration of maturity, mental and emotional stability, self responsibility and the ability to function in a group,
- Ability to learn emotionally,
- Ability to learn intellectually, i.e. have the capacity for independent study literacy skills, etc.,
- Demonstration of financial stability and social awareness,
- Awareness of the commitment involved in the training and having made a clear decision to participate,
- Knowledge of the tenets and principles of Optimum Life Breathology as a profession for which one is about to train,

After the 16 hours of training offered today and fulfillment of the above, such training qualifies you as a Certified Optimum Life Breathologist which is P.E.W.'s' Level I training modular. Training in Transcendence Breathwork Practices is P.E.W.'s' Level II training modular. A Teacher Training will be designed to possibly start in 2017. To develop a business as a Certified Optimum Life Breathologist, P.E.W will offer consultation services when requested.

Ethical Standards for Optimum Life Breathologists

Adherence to a standard of ethical practice is a defining element of any profession. A code of ethics provides clarity and safety for the public and the practitioners regarding the purpose for their relationship and the boundaries within which they operate. Subscribing to a standard code of practice communicates to the public at large that Breathology is a valid, accessible and professional tool for healing and growth.

The following code of ethics for breathwork professionals was ratified in 2003 by the collaborative effort of some 22 breathwork schools and training programs around the world and amended by the IBTA Board of Directors in 2007.

1. Client Suitability.

- a) Establish a client's ability to utilize and integrate the results of a breathology session.
- b) Not discriminate on the basis of race, ethnicity, gender, religion, sexual orientation, age or appearance.

2. Contract with Clients.

- a) Establish clear contracts with clients regarding the number and duration of sessions and financial terms.
- b) Establish prior agreement with the client for the utilization of other techniques than breathwork during a session, e.g., touch.
- c) Practice own breathwork skills primarily for the benefit of the client.
- d) Maintain confidentiality of client information and security of records of client session content.

3. Practitioner Competence

- a) Practice within own area of professional competence, training and expertise, make this clear to prospective clients, and not make claims for any service that cannot be substantiated.
- b) Continue to develop personally, practicing the technique that is offered to others while nourishing passion and reverence for this work calling, and keeping a healthy balance in work and self care.
- c) Seek supervision and consultation when appropriate.

4. Practitioner/Client Relationship

- a) Establish and maintain healthy, appropriate and professional boundaries, respecting the rights and dignity of those served.
- b) Refrain from using influence to exploit or inappropriately exercise power over clients.
- c) Refrain from using Breathology practice to promote own personal religious beliefs.
- d) Refrain from all forms of sexual behavior or harassment with clients even when client initiates or invites such behavior.
- e) Provide clients with information about complimentary resources as appropriate.
- f) Refer clients to appropriate resources when they present issues beyond own scope of training.

5. Practitioner Interrelationships

- a) Maintain and nurture healthy relationships to other Breathologists/breathworkers.
- b) Give constructive feedback to other practitioners who are believed to have failed to follow one or more of the ethical principles. If this does not sufficiently resolve the issue, seek consultation with the most appropriate professional and/or civil authorities within my region for the protection of clients involved. IBTA may be used for such ethic resolves, as well as P.E.W.

IBTA Process for Addressing Breach of Ethics

An important purpose of the Ethics and principles for IBTA Breathwork Practitioners and Schools is to provide an instructive, life enhancing and healing framework for practitioner and client/student relationships. While it is impossible to specifically address every situation or give exhaustive guidelines for all behaviors, these ethics and principles are intended to provide guidance towards the highest ideals.

In the process of making decisions regarding professional behavior, IBTA practitioners should be mindful of the IBTA ethics and principles, in addition to any applicable laws and regulations of their country or specific professional associations with which they are affiliated. If the IBTA standards are higher than those required by law, practitioners and schools should meet the higher standard of the IBTA.

Recognizing the humanity of all practitioners, there may be times when a practitioner breaches an ethic or principle, knowingly or unknowingly. The practitioner may become self aware of the breach or may be made aware of this breach by a client/student or another practitioner.

The guidance put forth by the IBTA promotes restorative and corrective action, rather than punitive or regulatory action, to promote good health and benefit for all parties concerned. We suggest that as schools or practitioners utilize this process and that they undertake it as an opportunity to heal, learn, evolve, and benefit the well being of all participants.

The process has five possible stages with the paradigm being to move to the next stage only if healing and restoration can not take place at the prior stage.

- Self awareness
- Colleague awareness and support

- Community awareness and support
- IBTA Ethics Committee awareness and support
- Third party professional awareness and support

First Stage – Self Awareness

Knowingly or unknowingly a practitioner or school may behave in such a way that violates the ethics and principles of the IBTA. They may have a realization of this and choose to correct the inner or outer situation that fostered this breach. In such a case the IBTA recommends:

- Setting aside some time for inner reflection and exploration, looking for internal attitudes, beliefs or wounds which created the possibility
- external structures (or lack thereof) which created the possibility
- Seeking appropriate personal, professional or supervisory support to create transformative action that prevents a breach from occurring again.
- Making appropriate acknowledgement and/or amends to clients or students
- If the practitioner or school becomes aware that they have violated ethics because a client or student has stated that or confronted them it is strongly recommended that step 2 and 3 be taken consciously.

Second Stage – Colleague Awareness and Support

It is the responsibility of all IBTA members to give constructive feedback to IBTA members, as well as to be receptive and willing to receive constructive feedback from IBTA members when a breach of ethics has been perceived. If an IBTA member believes another practitioner has failed to follow one or more of the ethical principles the IBTA recommends.

- Setting aside some time for inner reflection to get clear about the issue and how to communicate it so that it can be well received.
- Talking to the practitioner who you believe has violated the ethics, and making suggestions for taking appropriate actions to restore a healthy situation such as inner work on their own and with a competent practitioner making amends to clients/students such as acknowledgment and conversation, financial restitution, referral to another professional breathworker, and creating on-going ways to support healthy behaviors.
- If you believe that the practitioner has restored a healthy situation for themselves and the client, then support them.
- If you believe the practitioner has not restored a healthy situation consult with other breathwork practitioners (suggested 2-4) in your community and use stage 3.

Third Stage – Community Awareness and Support

A community of breathworkers has an opportunity to use the diversity of their experience and wisdom to create a safe and nurturing container for a practitioner to be supported in looking at his/her unethical behaviour. If a community wishes to address a breach of ethics situation, the IBTA recommends:

- Ask the practitioner who has failed to follow the ethics to meet with you, suggesting an environment of trust, truth telling, unconditional positive regard and love, and wisdom, so that a healthy breathwork community can be supported and maintained.
- Begin the meeting with some silence for meditation, prayer, contemplation or spiritual practice of each individual's choice.
- At the meeting let everyone, beginning with the practitioner in question, share the information they have, their concerns, and their ideas for restoration, including making amends to the client where appropriate.
- Keep going around the circle, with pauses for meditation or prayer, until consensus is reached.
- If consensus is reached, including the practitioner in question, create follow-up support.
- If consensus is not reached, especially if the practitioner in question does not assume responsibility for the breach, then use stage 4.

Fourth Stage – IBTA Awareness and Support

If the first three stages have not brought healing to the situation, a practitioner or community may make a request for guidance through the IBTA Ethics Committee. The IBTA will use the wisdom of the current 6-12 members of the Board of Directors to make suggestions and recommendations.

Inform the IBTA through email, postal mail, or a phone call to the Chair of the Ethics Committee (currently Jessica Dibb), giving the following information:

- the name and contact info of the practitioner or school who has allegedly breached the ethics,
- the nature of the alleged breach of ethics,
- what steps have been taken,
- what recommendations have been made,
- the practitioner in question's current response and thinking about the situation.

The IBTA will convene the Ethics Committee in a confidential meeting via conference call or secured chat space. This meeting may include the practitioner in question for part or all of the meeting. The committee will keep sharing until consensus is reached about what action should take place to create healing for any clients who have been affected and for the practitioner to be able to follow the ethics and principles wholeheartedly and responsibly.

The practitioner will be informed of the recommendations for restorative action to maintain IBTA status.

If the practitioner does not agree with the assessment of the situation or the recommendations he/she may request that the IBTA consult with a third party professional.

Fifth Stage – Third Party Professional Awareness and Support

The IBTA Ethics Committee and the practitioner will consult with a Third Party Professional to be used as an arbitrator.

If the practitioner or school agrees to follow the recommendations of the third party arbitrator they will maintain their status as an IBTA member.

If the practitioner or school does not agree to follow the recommendations their IBTA membership will be revoked.

The process is dedicated to wholeness and growth. At all times compassion, responsiveness, openness, wisdom and love should be exercised for the well being of all breathwork clients, students, practitioners and schools.