

# Body Harmony Association Incorporated

## Code of Ethics

A registered member of the Body Harmony Association INC (BHA) agrees to conduct their Body Harmony practice according to the BHA Standards of Practice and adheres to the following values:

- ❖ To honour the “BHA Standards of Practice”
- ❖ To be honest in dealing with the public
- ❖ Not to diagnose or prescribe for medical conditions, unless medically qualified to do so
- ❖ To uphold professional boundaries and safeguards as outlined in Standard V of the “[BHA Standards of Practice](#)”
- ❖ To refrain from any behaviour that demeans the student or client
- ❖ To avoid the exploitation of the trust of others, including clients and students
- ❖ To recognise that the intimacy of the working relationship may stimulate sexual feelings, memories, or unresolved issues and refrain from exploiting the client’s vulnerability
- ❖ To clearly identify and give credit to ideas, techniques, and principles derived from other people, disciplines, and modalities within the field when teaching or sharing them

# BHA Standards of Practice

The following Standards of Practice establish guidelines for the conduct of BHA registered practitioners and teachers

## Standard I: Education and Training

In the interest of the public and the profession as a whole, an individual only promotes their work as a Body Harmony practitioner while they are certified by the BHA. This consists, at a minimum, of the completion of a 250-hour BHA-approved training program, see links below. In order to maintain current certification, all BHA registered members: both practitioners and teachers are required to engage in on-going professional development, see links below.

[LINK TO CURRICULUM](#)

<https://bodyharmonyassociation.com/become-a-body-harmony-practitioner/>

<https://bodyharmonyassociation.com/become-a-body-harmony-teacher/>

## Standard II: Practitioner Responsibilities

In their professional role the BHA registered practitioner shall:

1. Be knowledgeable of the “BHA Standards of Practice” and practice within those limitations
2. Accurately and truthfully inform the public of the types of services provided
3. Recognise their personal limitations as a practitioner and be respectful of these limitations
4. Be prompt with annual payment of professional dues to receive updated registry
5. Provide a safe physical setting that meets all applicable legal requirements for health and safety
6. Use standard precautions to ensure professional hygienic practices, and maintain an appropriate level of personal hygiene
7. Maintain adequate and appropriate liability insurance
8. Develop a clear agreement with clients about the nature and scope of work together
9. Obtain informed consent from the client prior to providing services
10. Display and/or discuss schedule of fees in advance of the session that are clearly understood by the student or client
11. Make financial arrangements in advance that are clearly understood by and safeguard the best interests of the consumer
12. Make appropriate referrals for clients to other professionals when needed
13. Recognise the value of constructive feedback from clients in sessions and students in classes. Strive to work professionally, self-reflectively, and creatively within the inherent holism of somatic work
14. Seek professional supervision from a BHA teacher when needed

# BHA Standards of Practice

## Standard III: Self-Representation as a Professional

The BHA registered member, both practitioner and teacher shall:

1. Honestly represent all professional qualifications and affiliations
2. Only use the title practitioner and/or teacher to designate their professional ability and competency within the field of Body Harmony education
3. Promote their business with integrity and avoid potential and actual conflicts of interest
4. Not use sensational, sexual, or provocative language or images to promote business
5. Advertise in a manner that is honest, dignified, and representative of services that can be delivered and remains consistent with the BHA Code of Ethics
6. Submit to peer review processes conducted by BHA's Ethics Committee in the case of any alleged violations of the Code of Ethics or Standards of Practice
7. Immediately return the certificate to BHA if it is revoked or suspended, or on leaving the BHA
8. Body Harmony is a trade mark and can only be used by a professionally certified practitioner or teacher who is a current member of the BHA.

## Standard IV: Legal Rights and Compliance

- 1 Obey all applicable local, regional and national laws, including obtaining and maintaining business licensing and professional registration required by the nation, state, province, or local jurisdiction in which the practitioner practices
- 2 Practise respect and inclusivity towards clients (relative to age, race, gender, ethnicity, religion, sexual orientation, disability, socio-economic status)
- 3 Report to BHA any criminal convictions regarding his/her practice
- 4 Report to BHA any pending litigation and resulting resolution related to their practice
- 5 Follow acceptable accounting practices, file all applicable taxes, and maintain accurate financial records, contracts and legal obligations, appointment records, tax reports and receipts for at least three years, and in line with local laws
- 6 Respect existing publishing rights and copyright laws.

# BHA Standards of Practice

## Standard V: Professional Boundaries in Relationships

- A) BHA members must be cautious about assuming the role of a professional with family members, close friends, or closely associated employees and colleagues. Problems may include inadequate assessment as a result of role-related discomfort on the part of client or practitioner.

The practitioner's emotional proximity can result in a loss of objectivity. Fulfilling the role of informed and caring adviser, however, is not precluded. In such cases, the BHA registered teacher or practitioner shall:

1. Be responsible to create a clear demarcation in, and ensure that both parties are aware of, the shift from the client-practitioner session to the social setting of the personal relationship
2. Acknowledge and respect the client's freedom of choice and right to refuse services
3. Recognise their influential position with the client and avoid exploitation of the relationship for personal or other gain
4. Clarify all dual relationships that could impair professional judgment or result in exploitation of family members, close friends, or employees and/or colleagues.

- B) Issues of dependency, trust, and transference<sup>i</sup>, and inequalities of power can lead to increased vulnerability on the part of the client and require that a practitioner not engage in a sexual relationship with a client. In their professional role the BHA teacher or practitioner shall:

1. Recognise the impact of transference and countertransference<sup>ii</sup> between the client and the practitioner / teacher (see appendix I & II)
2. Refrain from any behaviour that demeans or disempowers the client, and recognise that the intimacy of the practitioner / teacher - client relationship may stimulate sexual feelings or memories
3. Understand that sexual intimacy is inappropriate, as is the use of touch on any part of the client's body with which they are not comfortable (as part of the individual or group in a therapeutic and/or educational setting)
4. Refrain from becoming sexually involved with a current client even if the client initiates or consents to the contact
5. Consult with a colleague or other professional before becoming sexually involved with a former client
6. Comply with all local, regional and national laws regarding sexual harassment.

# BHA Standards of Practice

## Standard VI: Client – Practitioner Confidentiality

The BHA member shall respect the confidentiality of client information and safeguard all records. In their professional role the registered practitioner shall:

1. Protect the client's identity and pertinent information in conversations, written communications, and all other manners unless requested by the client in writing, medically necessary, or mandated by law
2. Protect the interests of clients who are minors or who are unable to give voluntary consent by securing permission from an appropriate third party or guardian
3. Solicit only information that is relevant to the professional client/practitioner relationship
4. Share pertinent information about the client with third parties only when required by law
5. Maintain the client files if kept, for a minimum period of three years, and in line with local laws; and store and dispose of client files in a secure manner

## Standard VII: Relationships with Colleagues

The BHA understands the need for collaboration with other professionals within the fields of human services, health and education. To further implement relationships the practitioner member shall:

1. Develop collegial relationships and practise inclusivity amongst colleagues and associates with respect to age, race, gender, ethnicity, religion, sexual orientation, disability, socio-economic status
2. Show respect and practise inclusivity regarding the full range of personalities, styles, educational trainings and backgrounds
3. Act with integrity and in a constructive manner with colleagues, other organisations, agencies, institutions, referral sources and other professionals
4. Possess basic knowledge of the nature of other somatic practices while maintaining clear identification of one's own expertise
5. Never falsely impugn the reputation of any colleague

# BHA Standards of Practice

## Standard VIII: Grievance Procedure

BHA practicing members must provide the opportunity for clients or students to contact the BHA committee and file a grievance if they have complaints regarding the conduct of a practitioner or teacher. Notification of BHA's interest in hearing about the complaint must be given to the practitioner or teacher within one week after the complaint is registered with the BHA committee. For a copy of the Grievance Procedure and to file a complaint, contact the BHA Office on [info@bodyharmonyassociation.com](mailto:info@bodyharmonyassociation.com)

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<sup>i</sup> **Transference** is when the feelings a person had about their parents, as one example, are unconsciously redirected or *transferred* to the present situation. Transference is often manifested as an attraction towards a therapist, but can be seen in many other forms such as rage, hatred, mistrust, parentification, extreme dependence, or even placing the therapist in a god-like or guru status.

<sup>ii</sup> **Countertransference** is defined as redirection of a therapist's feelings toward a patient, or more generally, as a therapist's emotional entanglement with a patient.  
<https://en.wikipedia.org/wiki/Transference> [accessed 11/04/2021]