



## OFFICIAL CODE OF ETHICS

Breathwork for Recovery® is an association of breathwork practitioners with special training and focus on recovery-oriented and trauma-centered breathwork. The purpose of Breathwork for Recovery® is to support the practice and further evolution of the field of breathwork in recovery and addiction treatment. Breathwork for Recovery® practitioners work in ways that foster the integration of breath, bodily sensation, thought, affect, and life force to promote more integral functioning and the resolution of trauma.

Breathwork for Recovery® is the certification board for breathwork practitioners desiring to use breathwork in its highest ethical form. The purpose of Breathwork for Recovery® and its practitioners is to support the practice and further evolution of the field of breathwork as well as to establish the platinum-standard for breathwork practitioners all around the world. Breathwork for Recovery® has a thorough vetting process which ensures that only the most qualified and ethical practitioners are endorsed.

Breathwork for Recovery® practitioners work in ways that foster the integration of breath, bodily sensation, thought, affect, and life force to promote more integral functioning and the resolution of trauma. The methods of Breathwork for Recovery® including language, gesture and touch, when used in responsible, ethical and competent ways, make an essential contribution to the healing process by including the missing and often alienated aspects of our being which are rooted in our bodies and intimately connected with our breath.

These ethical guidelines establish the principles and standards which guide the practice of this profession. These principles and standards represent a cumulative lived wisdom in the field of breathwork. They are not meant to be all-inclusive. The principles in this code are intended to be aspirational, while the standards are directive. Members of Breathwork for Recovery® seek consultation with health care and other professionals, and consider cultural and contextual factors, other certification and licensure regulations for their professions, state and federal laws, and the dictates of their own consciences when determining ethical conduct.

Breathwork for Recovery® practitioners recognize their ethical responsibility to maintain the standards of conduct and care, and of personal and professional development. Thus, Breathwork for Recovery® practitioners commit themselves to the continual examination of their actions, motives and attitudes in their professional relationships to support the safety and welfare of their clients and to nurture the effective practice of their profession. Breathwork for Recovery® practitioners likewise expect, encourage and support ethical behavior and self examination from their students, supervisees, employees, and colleagues.



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### GENERAL PRINCIPLES OF BREATHWORK PRACTITIONERS

#### Principle A: Competence

Breathwork for Recovery® practitioners work to maintain the highest standards of competence in the field and recognize limits of their competence and expertise. Breathwork for Recovery® practitioners acknowledge the necessity for ongoing education and strive to implement the latest knowledge into their work.

#### Principle B: Integrity

Breathwork for Recovery® practitioners strive to foster integrity in the practice of breathwork and in these activities, strive to be veracious, fair, and respectful of others as well as working hard to understand their own bias, beliefs, intentions, needs, and issues and the resultant impact they have on their work and clients.

#### Principle C: Professional and Scientific Responsibility

Breathwork for Recovery® practitioners are committed to upholding professional and personal standards of conduct; clarifying their professional roles and obligations; accepting personal responsibility for their behavior; and adapting their methods on an individual basis to the needs of each client. When conducting research and case studies, Breathwork for Recovery® practitioners strive to advance human welfare and the science and art of Breathwork. They avoid misuse of their work. They recognize the need to consult with, refer to, and cooperate with other professionals and institutions to the extent necessary to serve the best interests of their clients.

#### Principle D: Respect For People's Rights And Dignity

Breathwork for Recovery® practitioners strive to be respectful of the fundamental rights, dignity, and worth of people. Breathwork for Recovery® facilitators are aware of cultural, individual, and role differences and strive to be non-discriminatory regarding age, gender, ethnicity, national origin, religion, sexual orientation, disability, and socioeconomic factors. They respect the rights of individuals to privacy, confidentiality, self-determination, and autonomy.



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### Principle E: Concern for Others' Welfare

Breathwork for Recovery® practitioners strive to contribute to the general welfare of those with whom they interact professionally and personally. In their personal and professional actions, they first weigh the welfare and rights of their clients, students, human research participants, mentees, and other affected persons. Breathwork for Recovery® practitioners are sensitive to real and attributed differences in power between others and themselves and they endeavor not to exploit or mislead people before, during, or after professional relationships.

### Principle F: Social Responsibility

Breathwork for Recovery® practitioners are aware of their responsibilities to society and the community in which they live and work. They apply their professional knowledge in order to contribute to human, plant, and animal welfare. They are disquieted about and work to mitigate the causes and effects of human suffering. They advocate for the establishment of law and social policy that reflects the interests of their clients, and the public. They consider the realities of social injustice, and strive to positively impact these issues as professions and individuals.

### Principle G: Adherence to Professional Codes, and to Local, State, Federal Law

Members of Breathwork for Recovery® follow the principles and guidelines defined in this code. They also comply with local, state, and federal law and regulation regarding professional practice in addition to codes of ethics established by their professional associations, organizations, and accrediting boards. Where there are variations in codes or guidelines, licensed practitioners, who are bound by other ethical codes, strive to balance the requirements of the various codes in a way that best embodies ethical behavior and resolves the conflict in a responsible manner. If the conflict is unresolvable, the breathwork practitioner adheres to the requirements of the law, regulations, or other governing legal authority.

## ETHICAL STANDARDS

### I. COMPETENCE

Practitioners seek to perform their responsibilities at the highest level of competence. In areas of practice where professional standards are in evolution, they obtain adequate training and utilize appropriate consultation in order to protect the welfare of those with whom they work.

They refer clients to appropriate professionals in their own field as well as other fields of expertise as needed.



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1. Breathwork for Recovery® practitioners do not treat, advise, or diagnose on concerns outside the recognized boundaries of their competence. Identifying the limitations of their expertise and education, they only provide those services and use those techniques for which they are qualified by education and training in addition to experience.
2. Breathwork for Recovery® practitioners provide services, teach, or conduct research in new areas or involving different techniques only after first undertaking appropriate study, training, supervision, and or consultation from persons who are competent in the practice of breathwork in addition to those areas or techniques. If they are forging new paradigms, they proceed with caution and seek appropriate advice and support from their breathwork mentors as well as obtain appropriate informed consent.
3. Breathwork for Recovery® practitioners remain current regarding new developments in breathwork knowledge and practice through continuing educational and activities, supervision, and consultation. They obtain professional supervision/consultation as a standard part of professional practice.
4. Breathwork for Recovery® practitioners seek appropriate professional assistance for personal problems or conflicts that may impair work performance or clinical judgment.
5. Recognizing that breathwork is a spiritual as well as a professional practice and the latter only in its infancy, breathwork teachers/supervisors/researchers are dedicated to the high standards of scholarship and the presentation of accurate and up-to-date information. Breathwork for Recovery® practitioners make every effort to present accurate and lucid information to students, supervisees, colleagues, and the public and to prevent the distortion or misuse of their clinical and research findings. They rely on professionally derived knowledge in conjunction with scientific data in their teaching practice. They exhibit themselves and the field accurately and professionally to the public.
6. When presenting information that lies outside the extents of the generally recognized professional and scientific base, Breathwork for Recovery® practitioners identify it and specify the data base on which the information rests to the best of their abilities.

### II. INTEGRITY

Breathwork for Recovery® practitioners seek to promote integrity in the science, art, teaching, and practice of breathwork. In these activities, Breathwork for Recovery® practitioners strive to be honest, fair and respectful of others and to be aware of their own belief systems, values, needs, and limitations and the effect of these on their work.

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hard to understand their own bias, beliefs, intentions, needs, and issues and the resultant impact they have on their work and clients.

1. Breathwork for Recovery® practitioners seek to communicate honestly and truthfully in all their public statements regarding their work and work-related activities. This includes their research, practice, or other work related activities, or those of persons or organizations with which they are affiliated. Public statements include but are not limited to paid or unpaid advertising, product endorsements, grant and credentialing applications, personal resumes or curriculum vitae, or comments for use in the media such as print or electronic transmission, statements in legal proceedings, lectures and public oral presentations and published materials. Breathwork for Recovery® practitioners do not knowingly make public statements that are false, deceptive, or fraudulent.
2. Breathwork for Recovery® practitioners communicate honestly and truthfully concerning their training, experience, and competence. Likewise they make truthful and accurate statements regarding their credentials, their academic degrees, their institutional or association affiliations, their services, the clinical basis for, or results or degrees of success of, their services, their fees, or their publications or research findings.
3. Breathwork for Recovery® practitioners, in their reports to payors, accurately state the nature of the service provided or research conducted, the fees, charges, or payments, their academic degrees, and when applicable, the identity of the provider, the findings, and the diagnosis.
4. Breathwork for Recovery® practitioners strive to maintain relationships with facilities and organizations that meet the ethical standards as outlined herein. Upon discovering that a facility or organization is violating ethical codes, prompt action is taken to remedy the situation, and if no action is effective, a severing of the professional relationship as applicable will occur.
5. Breathwork for Recovery practitioners do not condone lying, stealing, or cheating of any kind.

### III. INFORMED CONSENT

Breathwork for Recovery® practitioners provide services to clients based on ongoing and valid consent. Initial informed consent is expected and will be updated and documented as appropriate during the professional relationship. Informed consent requires that the person receiving treatment has the capacity to consent, has been informed of and understands necessary information concerning the course of their treatment, was given while reasonably substance free, and that this consent was given without undue influence.

1. Breathwork for Recovery® practitioners use clear, understandable language to inform



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clients of the purpose of treatment, the risks related to treatment, reasonable alternatives to the proposed treatment, limits to the provision of treatment, and the right to seek a second opinion. Recommended additional topics for consent and/or discussion include but are not limited to: confidentiality and its limits, client's right to refuse or withdraw consent, nature of the business contract, health care benefits, fees, record keeping, termination, supervision, use of touch, complaint or disagreement process, and contact information. Ample opportunity for the client to ask questions is provided.

2. In the event that a client is legally incapable of giving informed consent, Breathwork for Recovery® practitioners obtain informed permission from a legally authorized person, if applicable laws permit such substitute consent. When proceeding with substitute consent, they inform those legally unable to give informed consent about the proposed interventions in a manner commensurate with the person's mental and cognitive capacities, seek their agreement to those interventions, and take into account their preferences and best interests.

### IV. AVOIDING HARM

Breathwork for Recovery® practitioners avoid engaging in any activities which are harmful or exploitative or which could reasonably be expected to be harmful or exploitative. Breathwork for Recovery® practitioners are sensitive to issues of possible harm, solicit discussion of such situations, as appropriate, even when they are not directly raised by the client, and take appropriate action to prevent and minimize harm that might occur.

1. Breathwork for Recovery® practitioners are professional in attitude and conduct, reliable about agreements and appointments. They are clear about their policies regarding cancellations and work within the frame of that agreement in good faith with their clients.
2. Sexual or romantic relationships between Breathwork for Recovery® practitioners and their clients are strictly prohibited before, during, or after the therapeutic relationship. Sexual or romantic relationships of any kind are never appropriate with current or former clients.
3. Breathwork for Recovery® practitioners do not engage in sexual intimacies with individuals they know to be the parents, guardians, spouses, partners, offspring, or siblings of current clients. Breathwork for Recovery® practitioners do not terminate therapy to circumvent this rule.
4. Breathwork for Recovery® practitioners do not accept as breathwork clients persons with whom they have engaged in sexual intimacies.
5. Breathwork for Recovery® practitioners refrain from engaging in any behavior which could reasonably be interpreted as harassment, sexual or non-sexual. They monitor



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their therapeutic relationships to ascertain if clients perceive any harassment and address that concern promptly.

6. Breathwork for Recovery® practitioners make reasonable efforts to ensure continuity of treatment. When services must be terminated for a legitimate reason, the practitioner makes every reasonable effort to ensure that appropriate referrals are made for the ongoing needs of the client prior to termination and makes reasonable efforts to terminate the relationship satisfactorily.
7. Should a client desire to terminate the therapeutic relationship, Breathwork for Recovery® practitioners provide professional insights into the benefits and consequences of this course of action without explicit or implicit coercion to maintain the relationship against the client's wishes. At all times they make clear the client's right to terminate when he/she chooses.
8. Breathwork for Recovery® practitioners seek appropriate consultation and/or supervision for any circumstance in which the ethics of their behavior comes into question.
9. If at any time, Breathwork for Recovery® practitioners feel that a client has issues that need to be addressed that are outside the practitioner's expertise, the practitioner will refer the client out to an appropriate professional.

### V. MULTIPLE RELATIONSHIPS

Breathwork for Recovery® practitioners avoid exploitive multiple relationships. A multiple relationship occurs when a breathwork practitioner is in a therapeutic relationship with a person and is at the same time, or sequentially, in another relationship with the same person. Breathwork for Recovery® practitioners make a distinction between normally occurring community interactions and multiple relationships. Breathwork for Recovery® practitioners do not accept as a client anyone with whom they have had a sexual, close personal, or financial relationship, or family or relatives of such persons. The boundaries of the therapeutic relationship should be clearly defined otherwise they have the potential to impair judgment, cause damage, and undermine the purpose of the therapy.

1. Considerations about potential exploitation include the: nature and intensity of the professional relationship and of the secondary relationship, stage of therapy, amount of transference, degree of the role conflict, level of communication skills, and existence of an evaluative role.
2. Breathwork for Recovery® practitioners are aware of the differences in power that may exist in their relationships with clients, students, and supervisees. Breathwork for Recovery® practitioners will be sensitive to the real and ascribed differences in power, be responsible for bringing potential issues into the awareness of those involved, and be available for reasonable processing with those involved.



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3. In some situations, for example in small geographical or modality communities, a multiple relationship that is non-exploitive may be undertaken such as an apprenticeship. In these cases, the Breathwork for Recovery® practitioner takes precautions to protect the client from exploitation and damage. Such precautions may include, but are not limited to, acknowledgment of the multiple relationship and its inherent risk to the client, ongoing dialogue, informed consent, documentation, and case consultation and/or supervision.
4. In the event that a Breathwork for Recovery® practitioner is providing services to several persons who have a relationship (partners, parents and children, siblings, families) the practitioner attempts to clarify at the onset of the therapy, the relationship they will have with each individual. At any time, if it becomes apparent that the breathwork practitioner is in multiple relationships which compromise the treatment situation or threaten to impair the objectivity or judgment of the practitioner in any way, they clarify, adjust or withdraw from conflicting roles.
5. Barter is the acceptance of goods or services from clients in return for breathwork services. Breathwork for Recovery® practitioners do not barter (including work exchange) unless the bartering arrangements are appropriate in the context of the therapeutic relationship, indicated by the needs of the client, and for the welfare of the client. Where bartering is used, the therapist and client make agreements in writing related to the exchange of goods or services to ensure that both understand the scope and limitations of the agreement. Breathwork for Recovery® practitioners consult or obtain supervision to ensure that the bartering arrangement is not harmful to the client, that the client is being given fair value in the exchange, and that no exploitation of and/or damage to the client is involved.
6. As teachers, Breathwork for Recovery® practitioners acknowledge that their relationships with students and/or supervisees include factors which often make avoiding multiple relationships difficult. They monitor their teaching and supervision relationships to ensure that they do not become exploitive and/or damaging. Breathwork for Recovery® practitioners do not have sexual relations with students or supervisees and do not subject them to sexual harassment.

### VI. COLLEGIAL RELATIONSHIPS

Breathwork for Recovery® practitioners maintain respect for colleagues. They refrain from the exploitation of professional relationships for personal gain, whether financial, personal, professional, or for research purposes. They understand and respect the need for referral to other professionals and create and maintain a network of trusted professionals with which to do so. Breathwork for Recovery® practitioners respect each other's clientele and do not embark to take clients or facilities from other Breathwork for Recovery® practitioners that are working with them or attempting to work with them.





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1. Breathwork for Recovery® practitioners try to avoid entering into a therapeutic relationship with someone who is currently seeing another practitioner without the knowledge of that practitioner. However, they acknowledge that it is the client's right to seek out treatment which they feel best meets their needs. Breathwork for Recovery® practitioners inform the client of the potential problems in precipitous terminations and urge them to complete the termination process with their former practitioner if it will not be detrimental to the client to do so.
2. If it appears that a client has been abused in a former or concurrent professional relationship, Breathwork for Recovery® practitioners inform the client how to seek appropriate recourse.
3. The Ethical Guidelines of Breathwork for Recovery® make no attempt to limit the free speech of its members. In exercising their right to free speech, Breathwork for Recovery® practitioners ensure that their statements are professional and non combative in tone, balanced, and factually accurate.
4. If a Breathwork for Recovery® practitioner believes that there has been an ethical violation by a colleague, he/she may bring it to the attention of the individual and seek resolution provided such action does not violate any confidentiality rights. Colleagues should seek counsel, guidance, supervision, and consultations as needed in relation to the process and/or issues.
5. If disputes of a serious nature arise between Breathwork for Recovery® practitioners regarding professional matters, they utilize outside consultation if unable to settle the matter between themselves.
6. When involved in professional writing for publicity, for inclusion in training programs, or for publication in journals and books, Breathwork for Recovery® practitioners do not take credit for the intellectual work of others but accurately credit their sources and influences.
7. Breathwork for Recovery® practitioners are not limited in their ability to seek facilities which would be open to incorporating breathwork into their program, except as it interferes with another Breathwork for Recovery® practitioner's negotiation of rates, services, etc. Breathwork for Recovery® practitioners do not poach potential facilities from each other, and they operate with complete transparency with one another on which facilities they are negotiating.

### VII. PRIVACY AND CONFIDENTIALITY

Breathwork for Recovery® practitioners have a primary obligation and responsibility to take precautions to respect the confidentiality of those with whom they work or consult.

1. Confidential information includes all information obtained in the context of the



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- professional relationship. They maintain the confidentiality of clients and former clients. Breathwork for Recovery® practitioners take appropriate steps to protect their confidential information and to limit access by others to confidential information.
2. Breathwork for Recovery® practitioners disclose confidential information without the consent of the client only as mandated by law, or where permitted by law. Such situations include, but may not be limited to: providing essential professional services to the client, obtaining appropriate professional consultation, or protecting the client or others from harm.
  3. Unless unfeasible or contraindicated, the discussion of confidentiality and its limits occurs at the beginning of the professional relationship and thereafter as circumstances may warrant. When appropriate, Breathwork for Recovery® practitioners clarify at the beginning of treatment issues related to the involvement of third parties.
  4. Breathwork for Recovery® practitioners may disclose confidential information with the appropriate consent of the patient or the individual or organizational client (or of another legally authorized person on behalf of the patient or client), unless prohibited by law.
  5. When agreeing to provide services to several persons who have a relationship (such as partners or parents and children), Breathwork for Recovery® practitioners attempt to clarify at the outset 1) which of the individuals are clients and 2) the relationship breathwork will have with each person. This clarification includes the role of the breathwork practitioner and the probable uses of the services provided or the information obtained.
  6. If and when it becomes apparent that the breathwork practitioner may be called on to perform potentially conflicting roles (such as marital counselor to husband and wife, and then witness for one party in a divorce proceeding), Breathwork for Recovery® practitioners attempt to clarify and adjust, or withdraw from, roles appropriately.
  7. In cases where there is more than one person involved in treatment by the same practitioner (such as with groups, families and couples), the practitioner obtains an initial agreement with those involved concerning how confidential information will be handled both within treatment and with regard to third parties.
  8. Breathwork for Recovery® practitioners are aware of the possible adverse effects of technological changes with respect to the confidential dissemination of patient information and take reasonable care to ensure secure and confidential transmission of such information.
  9. Breathwork for Recovery® practitioners take appropriate steps to ensure, as far as possible, that employees, supervisees, assistants, and volunteers maintain the confidentiality of clients. They take appropriate steps to protect the client's identity or to obtain prior, written authorization for the use of any identifying clinical materials in teaching, writing and public presentations.
  10. When working with groups, Breathwork for Recovery® practitioners explain to



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participants the importance of maintaining confidentiality and obtain agreement from group participants to respect the confidentiality and privacy of other group members but they also inform group members that privacy and confidentiality cannot be guaranteed.

11. Breathwork for Recovery® practitioners obtain written consent from clients/students before taping or filming any session, such consent to include the intended use of the material and the limits of confidentiality.

### VIII. ETHICS OF TOUCH

The use of touch, while known as an extremely valuable asset to the breathwork practitioner when used with training, clear boundaries, sensitive application, and sound clinical judgment, may put clients in vulnerable states. Because of this, breathwork practitioners pay close attention to the potential for erotic transference, retriggering of abuse, and seek containment rather than inappropriate heightening of these states. ANY sexual touching by a breathwork practitioner is ALWAYS inappropriate and expressly forbidden.

1. Breathwork for Recovery® practitioners assess the appropriateness of the use of touch for each client considering a number of factors not limited to the ability of the client for genuine informed consent, the client's personal history in relation to touch, the client's potential for transference, the client's ability to positively integrate touch experiences, and the practitioner's particular brand of touch.
2. Breathwork for Recovery® practitioners obtain informed consent prior to using touch related techniques in the therapeutic relationship. Every attempt is made to ensure that consent for the use of touch is both genuine and that the client understands the purpose of its use. Written documentation of consent is strongly recommended.
3. Breathwork for Recovery® practitioners acknowledge that conscious verbal and even written consent for touch, even apparently genuine, may not accurately reflect objections or problems with touch of which the client may not be aware. Special attention is paid to the spoken and unspoken cues regarding touch, taking into full account each client's capacity for authentic consent.
4. Breathwork for Recovery® practitioners consistently monitor ongoing informed consent to ensure the appropriateness of touch-based interventions.
5. Breathwork for Recovery® practitioners recognize that consent may be terminated by the client at any time during the intervention and inform the client of the same.
6. Breathwork for Recovery® practitioners recognize that as with all aspects of therapy, touch is only used when it can be reasonably determined to benefit the client. Touch may never be used to gratify the personal needs of the therapist, nor because it is viewed as required by the facilitator's limited understanding in disregard of the client's



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wishes or desires.

7. The application of touch techniques require a high degree of internal clarity and integration on the part of the breathwork practitioner. Breathwork for Recovery® practitioners prepare themselves for the use of touch through thorough training and supervision in the use of touch, receiving breathwork that includes touch, and appropriate supervision and training in the use of touch. Ongoing consultation and supervision is required.
8. Breathwork for Recovery® practitioners do not engage in genital or other sexual touching nor do they knowingly use touch to sexually stimulate a client, even if verbal or nonverbal consent is given. Practitioners are the responsible party in the therapeutic relationship and are required to maintain clear sexual boundaries in terms of their own behavior and accountable to set limits on the client's behavior toward them which prohibits any sexual touching. Education is regarding the therapeutic value of clear boundaries both sexual and nonsexual is communicated to the client prior to and during the use of touch in a manner that is neither shaming nor derogatory.
9. Before using touch, Breathwork for Recovery® practitioners shall receive education and training regarding the proper application of touch and the inherent risks and rewards of its use.

### IX. EDUCATION AND TRAINING

Breathwork for Recovery® practitioners who are responsible for education and training programs seek to ensure that the programs are competently designed and provide appropriate experiences and training to fulfill the stated objectives. They recognize the power they hold over students, apprentices, and supervisees and therefore make reasonable efforts to engage in conduct that is personally affirming and respectful toward students, apprentices, and supervisees.

1. Breathwork for Recovery® practitioners attempt to ensure that any education and training programs for which they are responsible have accurate descriptions of the program content, training goals, objectives, and requirements that must be met for satisfactory admission to and completion of the program. This information is made readily available to all interested parties.
2. When engaged in teaching or training, educators present pertinent information accurately and objectively with respectful critiques when appropriate. The educational content in their programs is based on information that has some form of valid, publicly available evidence and/or investigation behind it. Educational programs provide exposure to varied theoretical positions as well as scientifically and professionally derived knowledge.
3. Breathwork for Recovery® practitioners establish appropriate processes for providing



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feedback to students, apprentices, and supervisees. They evaluate students, apprentices, and supervisees on the basis of their actual performance on relevant and established program requirements. Additionally, they seek, encourage and utilize feedback from students and supervisees. This feedback may be written, verbal, formal, or informal.

4. When performing the role of teacher or trainer, Breathwork for Recovery® practitioners maintain a level of confidentiality appropriate for the teaching environment. Teachers and trainers discuss trainees and supervisees only in accord with publicly stated policy or mutual agreement and for the purpose of enriching the educational opportunities of the individual.
5. Breathwork for Recovery® practitioners inform trainees and supervisees of the legal/ethical prohibition against representing themselves as competent to perform professional services beyond their level of training, experience or competence.
6. Educators must be able to present adequate credentials that demonstrate that their teaching is within their scope of learning and expertise.

### X. RESEARCH

Breathwork for Recovery® practitioners design, conduct and report research in accordance with recognized standards of scientific competence and ethics, minimizing the possibility that the results might be misleading. If an ethical issue is unclear, Breathwork for Recovery® practitioners resolve the issue through consultation with institutional review boards, peer consultations, or other proper mechanisms. They take reasonable steps to implement appropriate protections for the rights and welfare of human participants, other persons affected by the research, and animal subjects.

1. Breathwork for Recovery® practitioners conduct research competently and with due concern for the dignity and welfare of the participants.
2. Breathwork for Recovery® practitioners are responsible for the ethical conduct of research implemented by them or by others under their supervision.
3. Researchers and assistants are permitted to perform only those tasks for which they are appropriately trained and prepared.
4. As part of the process of development and implementation of research projects, Breathwork for Recovery® practitioners consult those with expertise concerning any special population under investigation or likely to be affected.
5. Breathwork for Recovery® practitioners plan and conduct research in a manner consistent with federal and state law and regulations.
6. Prior to conducting any research (excluding anonymous surveys, naturalistic observations, or similar research) Breathwork for Recovery® practitioners enter into an agreement with participants that clarifies the nature of the research and the



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- responsibilities of each party. They take special care to protect the prospective participants from adverse consequences of declining or withdrawing from participation. Whether research participation is an academic course requirement or a voluntary activity, the prospective participant is given the choice of equitable alternative activities.
7. Breathwork for Recovery® practitioners use language that is understandable to research participants in obtaining their appropriate informed consent. Such informed consent is appropriately documented.
  8. For persons who are certified legally incapable of giving informed consent, Breathwork for Recovery® practitioners provide an appropriate explanation, obtain the participant's assent, and obtain appropriate permission from a legally authorized person, if such substitute consent is permitted by law.
  9. When offering professional services as an inducement to research participants, Breathwork for Recovery® practitioners make clear the nature of the services, as well as the risks, obligations and limitations. They do not offer excessive or inappropriate financial or other inducements to obtain research participants, particularly when it might tend to coerce participation or distort the results.
  10. Breathwork for Recovery® practitioners never deceive research participants about aspects that would affect their willingness to participate, such as physical risks, discomfort or unpleasant emotional experiences. Any other deception that is an integral and necessary feature of the design and conduct of an experiment must be explained to participants as early as is feasible, preferably at the conclusion of their participation, but no later than at the conclusion of the research.
  11. Breathwork for Recovery® practitioners inform research participants of the anticipated sharing or further use of personally identifiable research data and of the possibility of unanticipated future uses.
  12. Breathwork for Recovery® practitioners provide a prompt, clear opportunity for participants to obtain appropriate information about the nature, results and conclusions of the research and make a good faith attempt to correct any misconceptions that participants may have. If scientific or humane values justify delaying or withholding this information, they take reasonable measures to reduce the risk of harm.
  13. When conducting research involving animals, Breathwork for Recovery® practitioners treat them humanely. They ensure that all individuals using animals under their supervision have received instruction in research methods and in the care, maintenance and handling of the species being used, to the extent appropriate to their role.
  14. Breathwork for Recovery® practitioners do not fabricate data or falsify results in publications. If they discover significant errors in their published data, they take reasonable steps to correct such errors in every situation where the errors have material effect.
  15. Breathwork for Recovery® practitioners do not present substantial portions or elements of another's work or data as their own. When they do present aspects of another's



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- work, they provide clear and obvious attribution.
16. Breathwork for Recovery® practitioners take responsibility and credit, including authorship credit, only for work they have actually performed or to which they have contributed. (A student is usually listed as principal author on any multiple-authored article that is substantially based on the student's dissertation or thesis.)
  17. When reviewing material that has been submitted for publication, grant or research proposal review, Breathwork for Recovery® practitioners respect the confidentiality and proprietary rights of the authors.

### ADDENDUM

\* When codes have differed in content the ethics committee has chosen to follow the code of the American Psychological Association. This code has been adapted from the existing professional code of the USABP.