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## Mindfulness Now / Central England College

### Code of Ethics and Conduct

#### Aims and Values:

1. To make mindfulness professionally available to a very wide audience, to meet ever increasing needs, through our network of qualified teachers, who are all committed to ongoing professional development and supervision.
2. Maintain on-going and indefinite support and community for qualified and accredited mindfulness teachers, including a 'Learning Pathway' for teachers who wish to extend their training and qualification to an advanced level including 'Trainer Training'
3. Uphold high ethical standards of registered teachers

Mindfulness Teachers aim to embody the values, ethics and integrity that mindfulness itself holds dear. They will show respect to all people who they deal with.

Mindfulness teachers who are included in the Mindfulness Now Teachers' Register are bound by a strict code of ethical and professional practice. They agree to uphold the professional standards including:

- Adhering to the Mindfulness Now Equality, Diversity and Inclusion Policy
- Assessing the suitability of participants, giving accurate advice, and referring potential participants for consultation with their specialist health provider, where appropriate
- Only teaching on the basis of an externally accredited mindfulness teaching qualification
- Treating participants at all times with consideration, respect, dignity, compassion and kindness
- Refraining from abusing the trust of their professional relationship with participants
- Maintaining reflective practice in conjunction with regular and appropriate professional supervision
- Maintaining their own continuing professional development
- Observing ethical and legal boundaries concerning confidentiality and making participants aware of such boundaries
- Maintaining professional indemnity and public liability insurance.



Mindfulness teachers who are already bound by professional codes of conduct should continue to adhere to these. The code that follows aims to complement professional codes of conduct and not to supersede them.

All members of the Mindfulness Teachers' Register agree to adhere to the following code:

- **Participant Welfare**

The welfare of their participants is the primary concern of the mindfulness teacher. It should only take second place if not to do so would seriously jeopardise other members of the public or the teacher's own welfare.

- **Confidentiality**

Confidentiality is to be maintained in all but the most exceptional circumstances. These can only include:

- 1) legal action (criminal or civil court cases where a court order is made demanding disclosure – includes coroner's courts)
- 2) legal requirement, for example, Children's acts where there is good cause to believe that not to disclose would cause danger of serious harm to the participant, the teacher and/or others
- 3) when maintaining confidentiality may be of danger to the client, for example, if they are suicidal and/or showing self-harming tendencies
- 4) when maintaining confidentiality may put third parties at risk, for example, if someone intends to physically harm someone else

Mindfulness practitioners will gain consent from participants if sessions, or parts of sessions, are to be recorded.

They will ensure that any written material about a participant is accurate and is stored safely and securely. They will adhere to the General Data Protection Regulation (GDPR) – guidance on which can be found here - <https://ico.org.uk/for-organisations/guide-to-data-protection/guide-to-the-general-data-protection-regulation-gdpr/>

- **Service**

Mindfulness Now Practitioners have a responsibility to provide the participant with the best possible service available including onwards referral to other agencies, professionals and organisations if appropriate.



Trainee mindfulness teachers may work only with issues for which they have been trained and using appropriate techniques in line with their training. Trainees must ensure that their participants are fully aware of their trainee status.

- **Maintain and develop a suitable skill base**

Mindfulness Teachers are required to maintain or improve their level of skills and professional competence by:

- 1) undertaking approved Continuing Professional Development (CPD) courses
- 2) attending regular Supervision sessions with an approved Supervisor (within a group or on a one-to-one basis)

- **Exploitation / Abuse**

Mindfulness Teachers shall not behave in any manner that gives rise to the exploitation or abuse of any participant.

They will:

- not enter into any other relationship, outside the professional relationship, while working with someone, and will maintain appropriate boundaries
- make their charges known to participants before sessions commence.
- not accept any inappropriate gifts, gratuities or favours from their participants.
- shall only deal with participants under the age of 16yrs or with special needs, after obtaining informed consent of an appropriate adult (parent or legal guardian). All sessions should be conducted in the presence of an appropriate adult (parent, guardian or agreed adult third party).

- **Communication**

All written material on practitioner's websites, emails, information handouts etc. shall be up to date and accurate.

The use of any kind of social media will be made responsibly and appropriately.

Advertising, no matter in what form or medium it is placed, shall represent a true picture of the mindfulness teacher, their skill base, qualifications, facilities and any benefits that may be expected from mindfulness, and shall conform to current Advertising Law.

- **General Conduct**

Mindfulness Teachers shall not behave in any manner, within or outside the context of mindfulness sessions that would undermine the public's confidence in the profession or bring the profession into disrepute. Some examples would include: a failure to act appropriately when they become aware of



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another practitioner's unethical activity, criminal conviction, lack of courtesy towards other Health or Social Care professionals, discrimination on any grounds.

They will take responsibility for their own health and well-being, and take appropriate steps if any health concerns might affect their performance or judgment and thereby put others at risk.