



# Australian Breathwork Association

## Code of Professional Supervision

Revised February 2015



## **OUR VISION**

To support a world harmoniously connected  
through the experience and awareness  
of the transformative power of Breath and of Spirit.

## **OUR MISSION**

To support the development and maintenance  
of professional Breathwork standards,  
and in doing so, to serve individuals in their quest  
for peace of mind, happiness and connection with Spirit.

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## **1. Introduction**

This document addresses the theme and focus of Professional Supervision (Supervision) for all professional members of the Australian Breathwork Association (ABA).

Discussion covers:

- a) What is Professional Supervision
- b) Why Professional Supervision is required of all ABA members
- c) Who can facilitate Professional Supervision in Breathwork
- d) What to expect from the Professional Supervision process

## **2. Intention of Professional Supervision**

Professional Supervision is intended to:

- a) Maintain professional standards of Breathwork practice
- b) Provide practitioners with an avenue of support, appraisal and review by experienced Breathwork practitioners<sup>1</sup>
- c) Expand and extend the range of skills and practice of all practicing professional members
- d) Ensure the ABA is aligned with comparable professional organisations, where supervision is a mandatory requirement for practicing therapists

## **3. Benefits of Professional Supervision**

The ABA deems regular Supervision:

- a) Benefits both experienced Breathwork practitioners, and those just beginning their practice
- b) Is a fundamental part of continuing professional education requirements
- c) Supports the development of practitioners' competence, in a supportive and learning environment
- d) Maintains a high level of professional practice within all levels of the ABA's organisation

## **4. ABA required sessions**

- a) The ABA requires ALL professional Breathwork practitioners, trainers and group facilitators to participate in Professional Supervision.
- b) The ABA requires one Professional Supervision session for every 25 client sessions,  
**or** one Professional Supervision session per 3 months, whichever is the lesser.
- c) It is the intention of the ABA to make Supervision a supportive, professional and health promoting forum for all practicing professional practitioners.

## **5. Defining Professional Supervision, its Purpose and Setting**

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<sup>1</sup> ABA trainer or person endorsed by ABA or with Supervision training

## 5A. Defining Professional Supervision

Professional Supervision in Breathwork is a professional session, in which a Breathwork practitioner seeks the assistance, guidance, and support of a qualified peer<sup>2</sup> to:

- a) Review the practitioner's facilitation of client's sessions  
Review would include:
  - a. Review of client assessment
  - b. What might support client's wellness
  - c. Issues arising for the practitioner
  - d. Issues relevant to the practitioner's professional work
  - e. Issues relevant to the practitioner's personal life impacting professional work
  - f. Practitioner's use of techniques and/or information
  - g. Review of professional and ethical issues such as those outlined in the Code of Ethics
  - h. Review the Breathwork practitioner's professional development in accordance with the ABA's Code of Ethics and Code of Breathwork Practice.
- b) Identify and explore signs and symptoms of practitioner burnout
- c) Support for the practitioner's wellness on all levels
- d) Support, review and/or develop a Breathwork practitioner's business practice

## 5B. Purpose of Professional Supervision

The purpose of PSR is to:

- a) support Breathwork practitioners in developing their professional skills
- b) ensure the Breathwork practitioner is providing best possible services to clients
- c) ensure the Breathwork practitioner is addressing the needs of the client as effectively as possible
- d) support the Breathwork practitioner to attend to their own needs as effectively as possible,

## 5C. Professional Supervision Setting

PSR is the environment where a qualified peer<sup>3</sup>:

- a) Reviews the work of the professional Breathwork practitioner, supporting them to recognise and acknowledge the strengths and weaknesses in their practice
- b) Highlights the practitioner's areas for development and clearing such as patterns of behaviour, and/or emotional or mental signs that could be limiting the practitioner's ability to facilitate client(s) issues

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<sup>2</sup> idem

<sup>3</sup> idem

- c) Supports the practitioner to continue to develop professionally in accordance with the ABA's Code of Ethics and Code of Breathwork Practice

## **In Summary**

The process of Professional Supervision is to provide a supportive environment within which the practitioner can clarify any issues, concerns or challenges that have arisen in their practice or private life.

## **6. The Breathwork Peer for Professional Supervision, and their Role**

### **6A. Who is a Breathwork Peer?**

A Breathwork peer for Professional Supervision is:

- a) A current professional Trainer member of the ABA
- b) A current professional Trainer member of another professional Breathwork association with Code of Ethics and Code of Breathwork Practice recognised by the ABA (eg AAR/B, NZAB, GPBA)
- c) A current professional practitioner who has completed supervision training, or
- d) A Breathwork practitioner who has been endorsed by the ABA committee

### **6B Where To Find a Peer for Professional Supervision**

- a) Those ABA Members who qualify as Professional Supervision Persons can be found on the Australian Breathwork Association's website:  
[www.australianbreathworkassociation.org.au](http://www.australianbreathworkassociation.org.au)
- b) Professional members of other professional Breathwork bodies are also linked on the ABA website (<http://www.aarb.com.au>, [www.rebirtherttrainingaustralia.com.au](http://www.rebirtherttrainingaustralia.com.au), <http://nzab.org>, <http://breathworkalliance.com>).

### **6C. A Peer's Role**

The role of the peer within Professional Supervision is to:

- a) Identify Professional Aspects for Development
  - The Professional Supervision environment is the place to discuss and explore:
    - a. The practitioner's application of theory
    - b. The practitioner's method of practice and opportunities for alternatives
    - c. Current updates in Breathwork
    - d. Ethical issues from the practitioner's practice, as outlined in the Code of Ethics and Code of Breathwork Practice
    - e. The development of the practitioner's self-evaluative skills
    - f. Practitioner's participation in further training when needed, and their Continuing Professional Education
    - g. Alternate approaches and resources
- b) Identify Health Aspects for Development

The Breathwork peer will support the practitioner to distinguish between issues that are of a personal nature, and issues that arise as a result of working with clients.

c) Identify Emotional Aspects for Development

The Breathwork peer will support the practitioner to identify and explore any signs indicating the practitioner may be working under stress or tension, subsequently limiting their ability to facilitate professional sessions effectively

d) Assist with business development skills:

The Breathwork peer may be required to discuss and explore topics which may include and are not limited to:

- a. Financial record keeping (including tax)
- b. Client record keeping
- c. Setting of fees
- d. Advertising and promotion
- e. Data base
- f. Working on the business as opposed to working in the business

e) Supporting the Breathwork practitioner with Legal Issues:

The Breathwork peer may be required to

- a. Support the practitioner to find appropriate legal guidance if required.
- b. Report to the Association any potential breach of any part of this code of Professional Supervision.

## 7. The Typical Professional Supervision Session

A typical Professional Supervision session will focus on discussing aspects from practitioner's recent session(s).

It may include, but is not limited to:

- a) Practitioner performance
- b) Identifying practitioner strengths and weaknesses
- c) Identifying areas for clearing and/or development for both the practitioner and the client
- d) Clarifying the agenda for the session
  - a. The client's expectations
  - b. The practitioner's expectations
- e) Was client's outcome achieved?
- f) Is a referral to another professional required?
- g) Are there signs of the practitioner being enmeshed in the client's story?
- h) Has the practitioner been able to relate to the client and the presenting issue without bias?
- i) Has the practitioner been able to complete and let go of the client's session?
- j) Is the practitioner showing signs of physical or emotional exhaustion?
- k) What form of rest and relaxation is the practitioner taking:

- a. between clients?
- b. throughout the day?
- c. on a daily basis?
- l) Is the practitioner processing and clearing their own material?
- m) Is there respect for practitioner/client confidentiality and privilege?
- n) Literature and research relevant to various professional issues

## **8. Contracting and Management of Professional Supervision**

### **8A. The contract between the peer and practitioner**

- a) is to be established at the first Professional Supervision Session
- b) The contract between peer and practitioner might include:
  - a. The Professional Supervision fee and the method of payment
  - b. Format of the session and whether it is to be:
    - i. face-to-face
    - ii. by phone
    - iii. in a group, and the number of members per group.
  - c. Duration of session – a minimum of 50 minutes is recommended.

### **8B. Management of Professional Supervision Session**

- a) Confidentiality
- b) Peer availability and accessibility
- c) Cancellation policy and procedure
- d) Reporting procedures for incidents that involve ethical/legal issues –
  - a. The report will be written and recorded
  - b. The report will be sent to the ABA committee
  - c. The report on ethical and legal breaches will be sent to the ABA Committee

## **9. The Practitioner's Role in Professional Supervision**

The Practitioner's responsibility in Professional Supervision is to:

- a) Bring to Professional Supervision any personal or professional uncertainties or concerns
- b) Honour commitments that have been agreed upon in previous Professional Supervision session(s)
- c) Discuss any ethical issues or concerns that have arisen in the practitioner's practice, as per the Code of Ethics and Code of Breathwork Practice
- d) Reflect on previously discussed ethical/legal issues
- e) Report to the ABA committee any peer who advises a practitioner to breach any part of this code of Professional Supervision

## **10. Considerations in Professional Supervision**



In staying true to this Code of Professional Supervision, and in the interest of an objective and fair relationship between the peer and the practitioner, the following are considerations:

### **10A. Relationship Equality**

As Professional Supervision in Breathwork is a professional session, in which a professional practitioner seeks the assistance, guidance, leadership and support of a qualified peer, it is recommended Professional Supervision not take place between two people who are:

- a) Members of the same family
- b) In business together
- c) In a current sexual relationship

### **10B. Interpersonal Issues**

It is to be expected that interpersonal issues can arise between practitioner and peer when working together. Breathwork Practitioners have the skills to be conscious of these issues and to work through them, and are encouraged to call on support from other practitioners where necessary.

### **10C. Legalities**

#### **a) General Governance**

- a. The most important document both Breathwork peer and practitioner are governed by is the Association's *Code of Ethics and Code of Breathwork Practice*
- b. In addition there are Commonwealth and State/Territory Legislation Acts which practitioners may need to be aware of. These may include legislation relating to Family Law, Health and Child Protection

#### **b) Disclosure of Information**

- a. The peer and/or the practitioner can be required, by law, to disclose client knowledge and information, including practitioner notes. Such information may be supplied only if specifically subpoenaed by a court order that has been signed by a judge. Any other disclosure is a violation of client's privacy.

#### **c) Breathwork Practitioners Working With Children**

(under the age of 18 years) Legislation in NSW and Queensland requires all practitioners working with children to have a police background check. In NSW it is the "Certificate for Self-Employed People in child-related employment". This document is signed by the Commissioner of Police.

#### **d) Duty of Care**

In Professional Supervision, 'duty of care' refers to the responsibility a Breathwork practitioner and peer must take with respect to the client.

- a. As professional Breathwork practitioners, it is our professional commitment to exercise reasonable and proper care, with every client

- b. 'Reasonable Care' refers to exercising mindfulness, awareness, consideration and good sense with respect to the interests of our clients, including protecting them from harm
  - c. 'Proper Care' indicates we provide a transparent level of accountability
- e) **Accountability**
- refers to the practitioner being responsible for, and answerable for, his or her actions or inactions
- a. When a practitioner's actions do not meet the standard of care outlined in this document in their interface with clients, the ABA considers their practicing to be unprofessional and unacceptable
  - b. In the event of unprofessional or unacceptable practice, the Breathwork peer will initially warn the practitioner formally and in writing
  - c. A written report will be forwarded to the ABA committee.
  - d. Should the practitioner continue to ignore the appropriate recommendation that has been discussed, the reviewing peer will bring the situation to the notice of the ABA Committee.
    - i. It may be necessary for the peer to formally discontinue offering their service to the practitioner, and to inform the ABA committee of this action
    - ii. If the practitioner does not agree with the peer's assessment, he or she has the inalienable right to a second opinion
    - iii. In the event of peer/ practitioner disagreement, both parties have the right to confidential consultation with the ABA committee
- f) **Note Taking**
- a) It is recommended that in Professional Supervision, the provided check list be filled out and kept by the peer
  - b) It is recommended that practitioner and peer discuss the keeping of client notes keeping in mind:
    - a. If notes are taken it should be remembered that they need to be legible and accurate.
    - b. Should notes be subpoenaed it is recommended professional legal guidance be sought.

## 11. Cost of a Supervision Session

It is reasonable to expect the cost of a Professional Supervision session to be between \$80 and \$150 per hour.<sup>4</sup> The minimum time recommended per session is 50 minutes.

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<sup>4</sup> 2011-2012