



TRAUMA CENTER  
TRAUMA SENSITIVE YOGA



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## **International Association of Trauma Centre, Trauma Sensitive Yoga - Guidelines on Ethical Practice**

Violation of these standards may result in sanction, probation, suspension or permanent termination of TCTSY certification & IA-TCTSY membership.

Where appropriate and where required by law, violation of these guidelines may also result in reporting of infractions to law enforcement, licensing boards, or other relevant entities.

Concerns and complaints about the ethics of a TCTSY-F should be brought to the attention of the TCTSY program director.

TCTSY-Fs and/or their employers are responsible for all legal, fiduciary and insurance liability for any services, goods, trainings, or other deliverable practices related to TCTSY.

JRI holds no responsibility, legally or otherwise, for the quality of services rendered or the consequences of legal or ethical infractions, or violations made by any TCTSY-F.

**David Emerson, Director of Yoga Services, The Trauma Center, Boston**

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I pledge to uphold the ethical guidelines contained in this document and commit to ongoing training and professional development as provided by IA-TCTSY.

**Alexandra Cat, IA-TCTSY Member**

Date: August 2016

## IA-TCTSY Guidelines on Ethical Practice

Commitment to the Client	Commitment to the Profession	Commitment to the Public
Provide TCTSY services without prejudice towards identities of sexual orientation, gender identity, culture, race, religious or spiritual affiliation, physical or cognitive ability or age	Comply with all IA-TCTSY policies that pertain to certification status, including those that demonstrate continued competence to offer TCTSY facilitation, information sharings, professional trainings, mentorship & supervision of trainees.	Provide accurate information regarding education, professional affiliations, training, experience and certification status.
If a client's needs are not met by the practice of TCTSY, the facilitator will endeavour to provide appropriate referrals.	Exclusively work with clients who are in a therapeutic treatment plan or who are accessing trauma spectrum support programs.	Use accurate professional credentials & post-nominals including any granted by the IA-TCTSY.
If considered useful, a therapeutic contract will be negotiated and signed by the TCTSY-F and the client.	As needed, commit to case consultations with a senior member of the TCTSY team.	Accurately and truthfully advertise TCTSY, avoiding, as much as possible, technical language and jargon.
Commit to protecting client confidentiality, allowing for exceptions in cases of safeguarding and/or transgression of the law.	TCTSY-Fs not already in active clinical supervision as part of their prior licensure are <i>strongly recommended</i> to engage in monthly TC peer to peer reflective practice groups	
Respect a client's choice to engage in other trauma interventions.	Commit to a practice of self-care and trauma stewardship that supports the safe delivery of TCTSY for our clients.	
TCTSY-F's will abstain from sexual behaviour and romantic relations with clients while facilitating TCTSY. This extends for a minimum of 3 years after the conclusion of the TCTSY relationship.	Refrain from maligning colleagues including those whose work is not TCTSY based.	
Sexual behaviour is defined as, but not limited to, all forms of overt & covert seductive speech, gestures, behaviour as well as sexualized physical contact.	Conduct the business of a TCTSY-F with honesty and integrity, and in accordance with all local and national laws.	
	Where possible, support and contribute to research into the use of TCTSY as a complex trauma intervention.	