

# *Professional Guidelines*

## *International Association of Grinberg Method® Practitioners (IAGMP)*

### Introduction

This document is complementary to the *Code of Ethics and Professional Conduct of Grinberg Method® Practitioners* and specifies the guidelines for members of the IAGMP. While the practitioners' ethics are presented through the specific core principles of the Grinberg Method from which each article stems, the content of these guidelines refers to your daily practice and aims as a practitioner. It takes into account legalities, professionalism, integrity and basic elements of conduct upon which being a practitioner is based. To achieve clarity, some of the following information is written in the form of what you should or should not do.

### General

Your activity as a practitioner is subject to the local law of your place of practice. As a member of the IAGMP you are acting in compliance with the IAGMP's *Statutes, Code of Ethics and Professional Conduct, Membership Requirements* and these guidelines. The IAGMP operates under permission of the Grinberg Method, which obliges the IAGMP and you, as its member, to comply with the agreement between the two entities.

The Grinberg Method perceives people as capable of learning and having a free will. It teaches individuals to stop repetitive patterns of the body and mind, develop attention to the world around them, increase their strength and learn how to turn the impact of fear and pain in their life into something that makes them stronger, rather than becoming victims of it. The depth of experience possible through the process and the effect on the client's life demand of you a high level of professionalism and ethics. The following detailed guidelines are the manifestation of maintaining such a level.

### Detailed guidelines

1. **Regarding the process**
2. **In relation to the professional surrounding**
3. **Presentation, promotion & advertisement**
4. **About the practitioner**

#### 1. Regarding the process

##### 1.1 **To start a process:**

- 1.1.1 Make sure to accept as clients only people who could benefit from a Grinberg Method process in accordance to the guidelines you have learned during your studies.
- 1.1.2 At the beginning of a process provide the client with the document "*What to expect from a one-on-one process of the Grinberg Method®*" and a copy of the "*Code of Ethics and Professional Conduct of the Grinberg Method Practitioners*" to allow the client to know what to expect of the process and of you.
- 1.1.3 Have the client fill in and sign the questionnaire regarding the client's general state of health, which is part of the document "*What to expect from a one-on-one process of the Grinberg Method®*."

- 1.1.4 Remember that you cannot make promises to the client in relation to the length of the process or its results.
- 1.2 **Achieving the aim of the process**
  - 1.2.1 If you doubt whether the person can become a client or remain one, make sure you receive a relevant written medical opinion regarding the person's ability to start or continue the process.
  - 1.2.2 As a practitioner you teach your clients; you lead and accompany them in what they need to stop and learn. You do not give advice, tell your clients how to act or give your opinions, beliefs or judgments in relation to any matter or domain of life.
  - 1.2.3 Make sure to continue the process only as long as, for both the client and you, there is a clear, actual benefit to the client's life.
  - 1.2.4 If the process does not yield the expected results or you have any doubt regarding your ability to lead the process to achieve its aims, use the professional consultancies which are available to support you as a professional.
- 1.3 **Between the practitioner and client**
  - 1.3.1 Although you need to be powerful when leading the process, your position, strength and the client's trust in you should never be used to your personal benefit, to exploit the client or to coax the client to do any particular act.
  - 1.3.2 Do not assume an attitude, in behavior or in language, of the "all knowing" in front of the client.
  - 1.3.3 Accompany the client in whatever experience the client goes through without giving any interpretation or explanation to it.
  - 1.3.4 It is self evident that you cannot be part of a profound process and not be touched and care for your client. Nevertheless, to be able to lead your client through the process you need to remain detached and not get carried away.
  - 1.3.5 Avoid working with people who have a close connection between them or with you.
  - 1.3.6 If you recognize that a personal interest is developing in relation to your client, stop the process and refer the client to a colleague for the continuation of the process.
- 1.4 **Communication**
  - 1.4.1 All your verbal communication within the process should be clear, direct and descriptive.
  - 1.4.2 During the process use a language that the client can understand. When the use of professional terms is necessary, make sure to first explain them to the client.
  - 1.4.3 What you relate to during the foot analysis or the process is not a diagnosis; you cannot make statements concerning the client's history, health condition or the client's future.
  - 1.4.4 Make sure that the aim of the process is always communicated and clear to the client. Regularly evaluate the development of the process together with the client.
- 1.5 **Touch**
  - 1.5.1 Touch is your main tool in a Grinberg Method's one-on-one process.

- 1.5.2 Use touch to teach through the body.
- 1.5.3 Your touch and the techniques you use should be applied according to the strategy you chose to implement in order to achieve the aim of the process.
- 1.5.4 Throughout the session and in its completion both touch and techniques should be adapted to the individual needs of the client.
- 1.5.5 Your touch always respects the client's dignity and intimacy.
- 1.5.6 Make sure that the intensity of your touch and of the client's experience fit to the capability of the client to take and benefit from it and that the client at any time can ask to reduce the intensity.
- 1.5.7 Use pain as a learning tool to fit to the aims of the process and the client's tolerance and ability to learn through it.

## 1.6 **Professional Secrecy**

- 1.6.1 All personal information regarding the client or anyone else, which is disclosed to you during the process, should be kept confidential during the process and after it has ended.
- 1.6.2 You may disclose information regarding the process to any of the entities assigned by the Grinberg Method to provide consultancy or training only after receiving the client's consent to do so. In specific cases, in which you cannot ask for the client's permission, you may consult while protecting the anonymity of the client.
- 1.6.3 During a process or in other circumstances, when you have received information regarding a colleague, which you regard as unethical, are uncertain about the way to relate to it or think that it might require taking action, consult with one of the individuals who are in a position to deal with such matters: supervisors of the Grinberg Method, members of the Professional Conduct and Recourse commission or the president of the IAGMP, to clarify if any further action is required. You may choose whether or not to keep the anonymity of your colleague when doing so.
- 1.6.4 If a client brings information to your attention regarding an ongoing or imminent danger to others, it is your obligation to act according to the local law of your place of practice.

## 1.7 **Process documentation**

- 1.7.1 Maintain a file for each of your clients in which you regularly record your work with the client, and in which you keep the documentation that was duly filled in and signed by the client at the beginning of the process.
- 1.7.2 Any documentation about the process is confidential and must not be accessible to any third person.
- 1.7.3 The process documentation shall be kept after a process has ended for the required legal period.

## 1.8 **Payment**

- 1.8.1 Make sure the client knows your fee before you start the process.
- 1.8.2 Do not use any form of payment arrangement that would hinder you or the client from freely choosing to stop the process at any time.

1.8.3 When referring a client to another practitioner you cannot ask for or expect to be remunerated for this recommendation in any form, financial or otherwise.

## 1.9 **The working premises**

1.9.1 Make sure your working environment is suitable to the professional practice of the Grinberg Method.

1.9.2 The working place should favor concentration and attention and guarantee the privacy of the client; it should be silent, clean, welcoming and functional both for the practitioner and client. To allow the client the liberty of any experience and expression, the premises should not attract attention or reflect the practitioner's personality or taste.

## 2. **In relation to the professional surroundings**

2.1 In any structure within which you choose to work, make sure to keep your professional independence.

2.2 Have professional insurance to cover your activity as a practitioner of the Grinberg Method in all countries where you may practice.

2.3 In order to provide your clients with the service they came for – a process according to the Grinberg Method – do not mix between your practice as a practitioner and any other technique.

2.4 As a member of the IAGMP, you have a personal responsibility to the good reputation of the Grinberg Method in general, its representatives, the IAGMP and its members, or any other structure of the Grinberg Method. It requires you to avoid gossip, blame or the spreading of rumors. If you have inquiries, suggestions or criticism, communicate them directly to the relevant person or entity.

2.5 Avoid unfair competition with your colleagues by using your qualifications to attract other practitioners' clients to become your clients.

2.6 Protect the privacy of your colleagues; do not involve or associate them with activities which are not related to the profession without their previous consent, or solicit them to unrelated matters.

## 3. **Presentation, promotion & advertisement**

3.1 Remember that you are an independent, who by being a member of the IAGMP is a part of the international network of the Grinberg Method, but you are in no way a representative of any of the Grinberg Method structures.

3.2 Make sure that your presentation, in any form, is personal, reflects the above, is restricted to the areas of practice in which you have appropriate knowledge and respects the copyrights of the Grinberg Method and its trade marks.

3.3 In any presentation and in your working premises mention your membership in the IAGMP.

3.4 In all public appearances and advertisement make sure to respect the principles of the profession (including these guidelines and the content of the Grinberg Method's

disclaimer). Your material should not be invasive, aggressive, comparative or offensive.

#### **4. About the practitioner**

- 4.1 Any aspect of your appearance should not disturb, attract or influence the client's attention and ought to allow each client to be and go through whichever experience.
- 4.2 Take care to give your service to the client only when you are well; having the energy, attention, concentration and ability to use any quality required in a session.
- 4.3 In case of any doubt about ethics or professional conduct consult with one of the individuals who are in a position to deal with such matters: supervisors of the Grinberg Method, members of the Professional Conduct and Recourse commission or the president of the IAGMP.
- 4.4 To constantly ameliorate your proficiency, have this profession as your full time occupation, while having a large variety of processes and learning further the methodology you practice.
- 4.5 To be a personal example for your clients you need to be keen on learning, have the attitude of a student, expand your knowledge and continue your personal development, while integrating the discipline you practice into your life.

**These *Profession Guidelines* were adopted by the founding General Meeting on 12.08.2011, in Berlin.**