



# Australian Breathwork Association

## Professional Supervision

[www.australianbreathworkassociation.org](http://www.australianbreathworkassociation.org)

## Change Record

Revision	Date	Change
	June 2012	Original version
	11 July 2017	
F	9 July 2018	Sent to ABA Committee for ratification. Formatted and numbered as part of standardising all ABA documents Cover sheet added, formatted to standard. Content reviewed to distinguish between Supervision for Breathwork Practitioners and Peer Support for Breathwork Group Facilitators and Trainers
1.0	16 July 2018	Ratified by Committee and Issued

## Related Documents

Version	Document	Description
Current	ABA-GB-001	ABA Constitution
Current	ABA-GB-009	ABA Code of Supervision
Current	ABA-GB-010	ABA Code of Continuing Professional Education (CPE)
Current	ABA-GB-008	ABA MEMBERSHIP REQUIREMENTS

## Definitions and Terms

<b>Professional Supervision</b>	is the generic term used, and includes both ‘Supervision’ for Practitioners and ‘Peer Support’ for Group Facilitators and Trainers
<b>Breathwork Professional</b>	refers to practitioners, group facilitators and trainers.
<b>Supervisor</b>	relates to practitioners
<b>Peer</b>	relates to group facilitators and trainers.

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## **Introduction**

It is the intention of the Australian Breathwork Association (ABA) to make Professional Supervision a supportive, professional and health promoting forum for all practising Breathwork Professionals (Practitioners, Group Facilitators and Trainers).

This document addresses the theme and focus of Professional Supervision for all professional members of the ABA.

## **Intention of Professional Supervision**

Professional Supervision is intended to:

- a) Maintain professional standards in Breathwork practice;
- b) Provide Breathwork professionals with an avenue of support, appraisal and review;
- c) Expand and extend the range of skills and practice of all practising professional members;
- d) Ensure the ABA is aligned with comparable professional organisations, where professional supervision is a mandatory requirement for practising therapists.

## **Benefits of Professional Supervision**

The ABA deems regular Professional Supervision:

- a) Benefits all Breathwork professionals;
- b) Supports the development of Breathwork professionals' competence, in a supportive and learning environment;
- c) Maintains a high level of professional practice within all levels of the ABA's organisation.

## **Requirements for Professional Supervision**

The ABA requires ALL Breathwork practitioners to participate in Supervision, and all Group Facilitators and Trainers to participate in Peer Support.

- a) The ABA requires Breathwork Practitioners to undertake:
  - i. One supervision session for every 25 client sessions, or
  - ii. One supervision session per 3 months, or

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- iii. Supervision when experiencing difficulty with a client, case or group which requires support, whichever comes first.
- b) The ABA requires Group Facilitators and Trainers to undertake:
- i. one peer support session per 3 months, or
  - ii. a peer support session when a professional issue arises, whichever comes first.

## **Content, Purpose and Setting of Professional Supervision**

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

### **Content of Professional Supervision**

Professional Supervision in Breathwork is a professional session, in which a Breathwork professional seeks the assistance, guidance, and support of an ABA recognised supervisor or peer to:

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

### **Purpose of Professional Supervision**

The purpose of professional supervision is to:

- a) Support Breathwork professionals in developing their professional skills;

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- b) Ensure the Breathwork professional is providing best possible services to clients;
- c) Ensure the Breathwork professional is addressing the needs of the client as effectively as possible;
- d) Support the Breathwork professional to attend to their own needs as effectively as possible.

## **Professional Supervision Setting**

Supervision may be undertaken as one to one sessions, or as a Supervision group session.

Professional supervision is the environment where the supervisor or peer:

- a) Reviews the work of the Breathwork professional, supporting them to recognise and acknowledge the strengths and weaknesses in their practice;
- b) Highlights the Breathwork professional's areas for development and clearing, such as patterns of behaviour, and/or emotional, physical or mental signs that could be limiting the practitioner's ability to facilitate client issues;
- c) Supports the Breathwork professional to continue to develop professionally in accordance with the ABA's Continuing Professional Education, policy Code of Ethics and Code of Breathwork Practice.

## **Supervisors and Peer Supporters**

### **Who can Supervise Practitioners?**

A Breathwork Professional Supervisor 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;
- c) A qualified supervisor or trainer in a similar modality.

### **Who can act as Peer Support for Group Facilitators and Trainers?**

A Breathwork Peer is:

- a) A professional peer within the ABA;
- b) A peer within other professional Breathwork bodies;
- c) A peer from a similar aligned modality.

## **Role of Supervisor and Peer**

The role of the supervisor and peer is to:

- a) Identify aspects of professional and personal development, including:
  - a. The Breathwork professional's application of theory;
  - b. The Breathwork professional's method of practice and opportunities for alternatives;
  - c. Current updates in Breathwork;
  - d. Ethical issues from the Breathwork professional's practice, as outlined in the Code of Ethics and Code of Breathwork Practice;
  - e. The Breathwork professional's self-evaluative skills;
  - f. The Breathwork professional's participation in further training when needed, and their compliance with Continuing Professional Education requirements;
  - g. Alternate approaches and resources;
  - h. To distinguish between personal and professional issues;
  - i. Emotional aspects for development;

- b) Assist with business development skills

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

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

- c) Support the Breathwork professional with legal & ethical issues

The supervisor and/or peer may be required to:

- a. Support the Breathwork professional to find appropriate legal guidance if required;
- b. Support the Breathwork professional's understanding and application of the ABA's legal and ethical guidelines.

## **Guidelines for Supervisor and Peer**

A typical Professional Supervision session may focus on discussing aspects from the Breathwork Professional's recent session(s).

It may include, but is not limited to:

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- a) The Breathwork professional's performance;
- b) Identifying the Breathwork professional's strengths and weaknesses;
- c) Identifying areas for clearing and/or development for both the Breathwork professional and the client;
- d) Clarifying the agenda for the session, including:
  - a. The client's expectations;
  - b. The Breathwork professional's expectations;
- e) Identifying whether the client's outcome is being achieved;
- f) Identifying whether a referral to another professional is advisable;
- g) Identifying signs of the Breathwork professional being enmeshed in the client's story;
- h) Identifying whether the Breathwork professional has been able to relate to the client and the presenting issue without bias;
- i) Identifying whether the Breathwork professional has been able to complete and let go of the client's session;
- j) Identifying signs that the Breathwork professional is showing signs of physical or emotional exhaustion;
  - a. Clarifying the Breathwork professional's needs for rest and relaxation,
    - i. Between clients,
    - ii. on a daily and basis,
    - iii. on a longer term basis;
- k) Identifying whether the Breathwork professional is processing and clearing their own material;
- l) Identifying whether there is respect for client confidentiality;
- m) Literature and research relevant to various professional issues.

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

### **The contract and understanding between the supervisor or peer and the Breathwork professional**

- a) Is to be established at the first Professional Supervision Session;
- b) May include:
  - a. The Professional Supervision fee and the method of payment, or other financial or non-financial agreement between the two parties;
  - 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 the session.



## **Guidelines for Professional Supervision Session**

It is recommended that the Breathwork professional and supervisor or peer discuss:

- a) Confidentiality policy;
- b) Supervisor or peer availability and accessibility;
- c) Cancellation policy and procedure;
- d) Understanding of reporting requirements for incidents that involve ethical/legal issues.

## **Guidelines for the Breathwork Professional as Client**

The Breathwork professional's responsibility in Professional Supervision is to:

- a) Bring to the Professional Supervision session 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 Breathwork professional's practice, as per the Code of Ethics and Code of Breathwork Practice;
- d) Reflect on previously discussed ethical/legal issues;
- e) Advise and consult the ABA Integrity subcommittee of any issues that appear to breach ABA professional guidelines, for example inappropriate behaviour of supervisor or peer.

## **Considerations in Professional Supervision**

In staying true to Professional Supervision, and in the interest of an objective and fair relationship between the supervisor or peer and the Breathwork professional, the following are considerations:

### **Relationship Equality**

It is recommended that Professional Supervision not take place between two people who are:

- a) Members of the same family;
- b) In a current sexual relationship;
- c) In a situation where there may be a conflict of personal or business interests.

### **Interpersonal Issues**

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

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## **Legal Considerations**

### **a) General Governance**

- a. The most important document both Breathwork supervisor or peer and Breathwork professional 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 may apply to the Breathwork professional. These may include legislation relating to Family Law, Health, Privacy and Child Protection.

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

The supervisor, the peer and/or the Breathwork professional 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 professionals working with children**

Breathwork professionals must consider and abide by the relevant State or Territory Legislation with regard to working with children.

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

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

As Breathwork professionals, it is our responsibility and commitment to exercise reasonable and proper care, with every client.

- a. 'Reasonable Care' refers to exercising mindfulness, awareness, consideration and good sense with respect to the interests of our clients, including protecting them from harm;
- b. 'Proper Care' indicates we provide a transparent level of accountability.

### **e) Accountability**

Accountability refers to the Breathwork professional being responsible for, and answerable for, his or her actions or inactions.

- a. When a Breathwork professional's actions do not meet the standard of care outlined in this document in their interface with clients, the ABA considers their practice to be unprofessional and unacceptable;
- b. In the event of unprofessional or unacceptable practice, the Breathwork supervisor or peer will initially ensure that the Breathwork professional understands the breach of care and discuss appropriate redress;
- c. Should this breach continue, the supervisor will warn the Breathwork professional formally and in writing;

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- d. A written report will be forwarded to the ABA integrity sub-committee;
- e. Should the Breathwork professional continue to ignore the appropriate recommendation that has been discussed, the supervisor or peer will bring the situation to the notice of the ABA integrity sub-committee;
  - i. It may be necessary for the supervisor or peer to formally discontinue offering their service to the Breathwork professional, and to inform the ABA integrity sub-committee of this action;
  - ii. If the Breathwork professional does not agree with the supervisor or peer assessment, he or she has the unalienable right to a second opinion;
  - iii. In the event of supervisor or peer and practitioner disagreement, both parties have the right to confidential consultation with the ABA integrity sub-committee.
- f) **Note Taking**
  - a. It is recommended that notes are taken during Professional Supervision;
  - b. If notes are taken, it is recommended that Breathwork professional and supervisor or peer discuss the keeping of notes, keeping in mind:
    - i. If notes are taken it should be remembered that they need to be legible and accurate;
    - ii. If notes are taken, the keeper of the notes needs to comply with privacy legislation;
    - iii. Should notes be subpoenaed it is recommended professional legal guidance be sought.

## **Record of Supervision**

To satisfy membership requirements, each professional supervision session is to be recorded on the Professional Supervision Record Form or equivalent. This is the responsibility of the Breathwork professional seeking support. Refer to 'Record of Professional Supervision' form on next page.



## Record of Professional Supervision

All ABA Professional Members are required to log their professional supervision hours each year.

This is a requirement of membership renewal, ensuring that each Breathwork professional continues to reflect, grow and seek feedback on their practice.

The ABA requires practitioners to undertake one supervision session for every 25 client sessions or every 3 months, whichever is the lesser, and a Group Facilitator or Trainer to have one Peer Support session per 3 months, or when a professional issue arises, whichever comes first.

Please complete and log hours after each professional supervision session. Professional Supervision may be undertaken as one to one sessions, or as group sessions.

Please see the ABA Professional Supervision Policy for further information.

Session Date	Session Duration	Supervisor/Peer Name	Qualification	Signature

Please keep a copy for your records.

Practitioner Name:

Signature:

Date:

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