



Buteyko Breathing Association

Practitioners Code of Conduct

The practitioner members of the Buteyko Breathing Association are committed to improving the health of asthmatics and those with other breathing related problems through promotion, use and development of the Buteyko Breathing Technique as developed by Professor Konstantin Pavlovich Buteyko.

Practitioners recognise that clients have a right to be able to trust them with their health and well being. To earn this trust the practitioners agree to provide at all times a good standard of practice and care and show the utmost respect for human life.

The Association sets the standards of ethical and professionally appropriate conduct for practitioners. This Code of Conduct lays down fundamental principles to guide practitioners in their professional conduct, their relationships with colleagues and clients and the wider community.

1. Responsibilities to clients

1.1. In their work as practitioners, the care of clients is the primary concern.

1.2 Informed consent must be sought from all clients.

1.3 All information provided by the client shall be kept in confidence and will not be given to, exchanged for or sold to a third party. Written consent must be obtained before details of individuals are used for research, referral, education or promotional purposes.

1.4. Children under the age of sixteen years shall be taught the technique only with the written consent of a parent or guardian. A parent or guardian is to be present during the classes, however children over fifteen years of age may attend classes without a parent or guardian when this has been previously agreed with the parent or guardian.

1.5 Techniques and teaching should be limited to those consistent with safety and appropriateness to the individual client. Where doubt exists as to the suitability of clients for training in the Technique, it is the duty of the practitioner to seek out an appropriate opinion prior to proceeding.

1.6 All practitioner members are required to ensure their professional work is covered by appropriate indemnity insurance.

1.7 Practitioners shall respect the humanity and dignity of each individual client. This encompasses:

1.7.1 Respect for the client's right to make informed choices;

1.7.2 Provision of clear explanations of the theoretical basis of the method, in a form the client can understand;

1.7.3 Commitment not to discriminate on the basis of the client's culture, ethnicity, religion, political beliefs, gender, age or socio-economic position;

1.7.4 Avoidance of any behaviour which could be regarded as detrimental to the client.

2. Responsibilities to the profession

2.1 Practitioners shall refrain from any illegal, immoral, unethical or improper behaviour which may reflect on the Method and its practitioners.

2.2 Practitioners will ensure that their knowledge and skills are kept up to date through publications, seminars, workshops or conferences as they are made available.

2.3 In financial matters, practitioners will agree to act with honesty and due propriety.

2.4 Practitioners will not link the practice of the Technique with other interventions which carry significant risk in the opinion of the Executive Committee of the Association.

2.5 Practitioners will recognise the criteria for appropriate training which is recommended from time to time by this Association and will not seek to promote practitioners who fall below this standard.

2.6 Practitioners shall refrain from denigrating the work of other practitioners. However, they will act quickly to protect clients from risk if they have good reason to believe that a practitioner of this Association may not be fit to practice.

2.7 Practitioners shall co-operate as much as possible, to share information and experience for the benefit of clients.

2.8 Practitioners have a responsibility for maintaining their personal health as this may reflect on the Technique and the professionalism of practitioners.

3. Responsibilities to the community

3.1 Practitioners will at all times recognise their personal and professional limits, in terms of knowledge and experience. In particular, in order to encourage understanding and co-operation with physicians involved in clients' care, they will ensure awareness of the correct use of medication according to current medical practice.

3.2 Practitioners will endeavour to work in consultation with their clients' physicians using appropriate opportunities to promote understanding of the Technique.

3.3 All advertising of the Technique shall be truthful and meet legal and ethical requirements regarding therapeutic claims. (For legal requirements in the UK refer to the Advertising Standards Authority document 'Guidance on Health Therapies and Evidence', which can be found at www.asa.org.uk).

4. Clinical practice

4.1 As an Association the following components are considered essential features of good practice:

4.2 That groups and workshops are held in appropriate surroundings with adequate comfort and taking into account the needs of disabled clients.

4.3 That all training in the Method should involve elements of personal tuition and mentoring. The Association believes that a ratio of greater than ten clients to each practitioner in any group is inconsistent with good practice.

4.4 The Association believes that personal tuition and mentoring are the most effective medium of teaching the Technique. Whilst the Association recognises the use of literature and video presentation are useful for furthering knowledge of the technique, the practitioner should ensure that the medium contains appropriate warnings.

4.5 That its practitioners recognise the importance of continued support to clients after the initial training and ensure that such follow up is provided willingly and in the way most likely to ensure a successful outcome.

Last amended October 2014