



Growing Rosen locally and globally

Rosen Institute
Ethical Principles, Scope of Practice, and
Code of Professional Conduct
for Rosen Method Bodywork and Movement

Approved by the Rosen Institute Board of Directors, October 2014

[This document replaces the previous version dated 1996.]

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Introduction

Purpose of the Document for Rosen Method Trainees, Certified Professionals, and Rosen Training Centers and Schools

The purpose of *Rosen Method Ethical Principles, Scope of Practice, and Code of Professional Conduct for Rosen Method Bodywork and Movement* (herein known as the Code) is to define core professional principles that all Rosen Method Bodywork and Movement trainees (students and interns), practitioners, teachers, and trainers certified by the Rosen Institute, and all Rosen Method training centers and schools are committed to uphold.

The Code cannot cover every potential concern about conduct or competence. All Rosen Method professionals and trainees must depend on their own thoughtful evaluation of specific principles and the spirit expressed in these statements. All Rosen Method professionals and trainees are expected to maintain ethical practice and conduct at all times, even when doing so involves making difficult decisions and acting courageously. The Rosen Institute is committed to a proactive approach of equal opportunity that encourages, supports, and values diversity. In this document, ethical principles that apply to clients also apply to trainees.

Practical Application of the Code

This revised Code provides guidance for certified Rosen training centers and schools, the Rosen Institute, and the Service Mark Committee when considering complaints concerning the behaviour of a Rosen Method trainee, professional, or center/school. The Rosen Institute is committed to fairness for all parties while investigating complaints. Please note that the centers and the Rosen Institute will only accept complaints in writing. Any complaint regarding trainees is to be addressed in the first instance to the specific training center. To make a formal complaint regarding a Rosen Method professional or a training center, please write a confidential letter to the chair of the Rosen Institute Service Mark Committee, at info@roseninstitute.net (with “SMC” in the subject line).

Definitions of Rosen Method Bodywork and Movement

Rosen Method, founded by Marion Rosen, registered physical therapist, is an independent somatically based professional modality that enhances psychophysical function and well-being. Rosen Method consists of two independent yet complementary disciplines of practice, Rosen Method Bodywork and Rosen Method Movement. Rosen Method Bodywork practitioners and Rosen Method Movement teachers are educated through Rosen Institute–qualified training centers and schools. Successful completion of Rosen Method training requirements in either discipline qualifies individuals to receive certification to practice in the respective discipline of Rosen Method Bodywork or Rosen Method Movement.

Definition of Rosen Method Bodywork

Rosen Method Bodywork is an experiential body-centered somatic modality that uses a combination of gentle, respectful touch and verbal communication related to the client's experience and what is felt in the client's body by the practitioner. The intention within a Rosen Method Bodywork session is to invite relaxation, self-awareness, and the experience of self-connection. Rosen Method Bodywork also can bring awareness of chronic, habitual muscle tension that can cause discomfort or pain, limit free movement, and restrict the rhythm of the breath.

Rosen Method Bodywork offers a unique quality of touch that contacts multiple layers of the person – physical, emotional, and spiritual. This helps the person to relax and experience the possibilities of living a fuller and more satisfying life. Muscle tension may release and the breath may become more open and full as awareness and relaxation are integrated into the client's experience. Within the confidential container of a Rosen Method Bodywork session, clients are guided toward their present felt experience of body sensations, emotions, and thoughts or memories that may be linked to chronically tense or painful areas. Increased awareness, acceptance, relaxation, and release during a session, or afterward in one's daily process, may lead to improvements in health, wellness, vitality, interpersonal relationships, and an enhanced experience of life.

During or after a session, clients might experience a broad range of neurophysiological and/or interpersonal changes as a consequence of relaxation of muscular tension and increased self-awareness and personal insight:

- (1) A wide array of body-based experiences may occur, including anything in the felt senses such as ease of breathing or muscular tension, changes in temperature or pressure, softening, tingling, shakiness, dizziness, nausea, stomach gurgling, increased blood flow, and other nonspecific temporary sensations.
- (2) Experiential changes in the emotional and interpersonal realm, such as an increased sense of openness or vulnerability, new perspectives and attitudes, wider emotional range, including joy, anger, fear, anxiety, desire, disgust, hate, grief, sadness, acceptance, surrender, love, or other nonspecific expanded capacity for feelings.

Definition of Rosen Method Movement

Rosen Method Movement is an internationally recognized movement modality, based on the body's physiological possibilities of movement, supported by music and rhythm. Rosen Method Movement opens the chest, relaxes the diaphragm, and lubricates the joints, allowing natural breathing and increased range of motion. Regular participation in a Rosen Movement class can lead to greater awareness of a choice of ease over habitual effort or holding. This awareness can lead to better postural alignment, less pain, more energy, and increased enjoyment of daily life.

A Rosen Method Movement class is usually 60 minutes long and consists of different sections. Each section has a different intention:

- Section 1 – *Warm Up* features gentle, easy moving through all the joints.
- Section 2 – *Stretch* includes slow lengthening of the muscles from the core and a widening of the chest to allow the breath to flow.
- Section 3 – *Circle Movement* encourages the class participants to move together to fun, rhythmic music with a variety of tempos.
- Section 4 – *Across the Floor* incorporates the whole body in dance-like movements and integrates all of the previous sections.
- Section 5 – *On the Floor* allows the participant to quietly relax, feel the body, and move the small deep joints of the spine and pelvis.

Partner work can be included in all sections of a Rosen Method Movement class. In addition to the in-class format, Rosen Method Movement may also be taught on a one-to-one basis.

What Rosen Method Is and What It Is Not

Rosen Method Bodywork and Movement are unique and stand alone. Rosen Method is specific in its application and does not include any other healthcare modalities such as massage, psychotherapy, physical therapy, trauma recovery disciplines, and so on. Nor does it include any meditation approaches, breathing techniques, hypnotic induction, past-life work, energy work, or other modality that a Rosen Method professional may also know. In addition, Rosen Method Movement does not include any other movement modality. Rosen Method professionals are influenced by their life experiences and trainings in other areas: this is what makes each of us who we are and affects any interaction we have with another person. Life experiences become integral to how one listens and responds. However, the task as a Rosen Method professional is to bring oneself fully to a Rosen Method session or Movement class and provide only Rosen Method.

Scope of Practice for Rosen Method Bodywork Practitioners and Movement Teachers

This Scope of Practice section is intended to offer professional guidelines for Rosen Method Bodywork and Movement interns, practitioners, movement teachers, certified trainers, and training centers and schools. The term *scope of practice* refers to the extent and limitations for a particular profession.

Rosen Method professionals are trained to offer Rosen Method Bodywork and Movement as approaches to health and well-being. Rosen Method practitioners and movement teachers do not medically diagnose or treat physical or psychiatric problems. If these problems arise, it is important to refer the client to an appropriate professional who is trained to diagnose and/or recommend treatment for the client. It is important that the professionals to whom clients are referred know what Rosen Method is. (However, Rosen Method licensed professionals, such as physical therapists, may use Rosen Method as part of their treatment for physical rehabilitation to increase range of motion and freedom of movement within the scope of practice of their other credentials.)

In assessing the appropriateness of Rosen Method for individuals, it is important to keep in mind that there are times when a person needs containment and protection rather than an opening to explore more sensitive areas. This must be carefully assessed on an individual basis, taking into consideration the support system of the person, and his/her fragility and ability to self-regulate. It is recommended that individuals considering Rosen Method discuss concerns and/or contraindications with licensed care providers. This includes individuals who have been in recovery from drug and/or alcohol dependency for a minimum of one year. The time needed for recovery varies with each individual and is dependent on the extent of addiction and the progress in recovery.

Scope of Practice for Rosen Method Bodywork

During a Rosen Method Bodywork session, clients lie on a massage table. They keep their underwear on, and women may leave their bra on or remove it. Clients may also choose to keep more clothing on according to their comfort level. A blanket is used to cover the parts of the body not being worked on so the client does not feel exposed or get cold. Clients may also choose to remain clothed and receive the session sitting in a chair. A session is normally 45–60 minutes long but may vary according to the needs of the client and the clinical setting (such as private practice, medical setting, or rehabilitation center).

The lists below distinguish general categories of individuals for whom Rosen Method Bodywork:

- 1) is likely beneficial
- 2) is contraindicated

1) Individuals who may benefit from Rosen Method Bodywork

- Individuals seeking personal and/or professional development and/or spiritual growth
- Individuals with physical/emotional discomfort or chronic pain and who can benefit from the deep relaxation, awareness, and gentle approach that Rosen Method offers
- Individuals who are seeking insight in their recovery from trauma, addiction, or who want a dynamic adjunct to psychotherapy and/or spiritual practice
- Individuals seeking support for grief and loss and other life challenges
- Individuals seeking support for life transitions and/or self-discovery
- Individuals who want to explore their creativity and new possibilities in their lives

It is helpful to note that a client may experience some physical aching or soreness after a RMB session because tension in a muscle has released or relaxed. This will usually subside within a couple of days.

Rosen Method Bodywork, like all personal growth work, works well for some people but not for all.

2) Individuals for whom Rosen Method Bodywork is contraindicated

- Individuals who have a serious psychiatric condition that is not effectively managed by medication and who have not received medical consent for Rosen Method Bodywork from their psychiatric provider
- Individuals who are currently experiencing mental health or psychiatric disorders such as psychosis, schizophrenia, severe anxiety or depression, mania, or are suicidal with intention and concrete plans
- Individuals with active drug or alcohol addiction

It is important for Rosen Method Bodywork practitioners to be aware of specific medical conditions that are contraindicated during infectious or acute stages, and that hand washing before and after sessions is required as part of infection control. Some of the conditions that are contraindicated include:

- Infectious skin conditions such as ringworm, scabies, and impetigo
- Skin conditions with weeping sores, lesions, or bleeding. Some skin conditions are localized such as herpes (usually around the mouth and nose), warts, athlete's foot, boils and carbuncles, acne, among others

- Respiratory disorders that are infectious during the initial acute phase, including pulmonary TB, pneumonia, and bronchitis (contraindicated for the practitioner's protection)
- Infectious diseases such as viral hepatitis, flu, or diphtheria that are infectious in the acute stage (contraindicated for the practitioner's protection)

Scope of Practice for Rosen Method Movement

All considerations listed above for Rosen Method Bodywork apply to Rosen Method Movement as well.

The lists below distinguish general categories of individuals for whom Rosen Method Movement:

- 1) is likely beneficial
- 2) may need to include some considerations
- 3) is contraindicated

1) Individuals who may benefit from Rosen Method Movement

Rosen Method Movement is beneficial to adults of all ages who enjoy developing self-awareness of their bodies, their feeling states, and their habitual physical patterns through the avenue of movement. Rosen Method Movement can enhance physical performance and enjoyment of daily activities.

2) Individuals for whom there may be some considerations

Rosen Method Movement can be adapted for those who have chronic physical challenges or who are recovering from medical interventions such as a knee or hip replacement. Rosen Method Movement can be taught in chairs, with partners, and one on one. Participants with physical challenges should be cleared by a health professional to participate in a Movement class.

3) Individuals for whom Rosen Method Movement is contraindicated

Rosen Method Movement is not recommended for individuals who have an acute medical problem that has not been cleared by a health professional. Please also refer to the listing of contraindications in the Rosen Method Bodywork section above.

For bodywork and movement professionals who have specific questions regarding Scope of Practice, it is important to consult with a Rosen Method supervisor and/or the appropriate licensed professional (for example, doctor, physical therapist, psychotherapist, chiropractor, etc.).

Scope of Practice for Rosen Method Training Centers and Schools

Rosen Method training centers worldwide abide by the *Rosen Method Ethical Principles, Scope of Practice, and Code of Professional Conduct for Rosen Method Bodywork and Movement*.

Training in Rosen Method Bodywork and Movement provides trainees with the skills to recognize, understand, and work with people to help them become aware of body-based movements, physical sensations, and emotional feelings — in their clients and in themselves. Trainees also need to be in a sufficiently fit medical and physical condition to be able to touch and work on another person's body.

While the training is a major source of personal and professional growth for Rosen Method students and interns, teachers also recognize that the training cannot provide everything a trainee may need for personal growth. There may be trainees who require extra training or complementary practices in order to continue to make progress while learning Rosen work.

Trainees need to be aware that teachers may require them to take extra Rosen coursework (more than the minimum requirements), take time out from training, or engage in personal growth work outside of Rosen Method. Recommendations may include psychotherapy, counseling, treatment for addiction, Rosen Method Movement classes for bodywork trainees or bodywork sessions for movement trainees, anatomy and physiology classes, developing a meditation practice, additional Rosen courses during internship, or assisting in Rosen Method classes when possible.

1) Individuals who are most likely to benefit from Rosen Method training

- Individuals seeking personal and/or professional development and/or spiritual growth
- Individuals seeking to become certified Rosen Method professionals
- Individuals who want a body-based adjunct to their current profession

2) Individuals who may need additional professional support in order to benefit from Rosen Method training

In assessing the appropriateness of Rosen Method training for individuals, it is important to keep in mind that there are times when a trainee needs containment and protection rather than opening to explore more sensitive areas. This must be carefully assessed on an individual basis, taking into consideration the support system of the trainee, their fragility, and their ability to take care of themselves both during and after training courses. It is recommended that individuals considering Rosen Method training discuss concerns and/or contraindications with licensed care providers within and outside of Rosen Method.

3) Individuals for whom Rosen Method training is not recommended

- Individuals who have a serious psychiatric condition that is not effectively managed by medication and who have not received medical consent for Rosen Method

- Individuals who have recently been hospitalized for serious medical or psychiatric reasons or who are suicidal
- Individuals with active drug or alcohol addiction who are not in a treatment program.

Rosen Method General Ethical Principles and Code of Professional Conduct

(1) Best Interests of the Client

1a. Respect for the Client's Best Interests – Rosen Method professionals and trainees take responsibility for respecting the client's best interests while providing bodywork sessions, movement classes, or trainings. Rosen Method professionals or trainees do not unduly influence or exploit Rosen clients and respect their autonomy. All principles listed for the best interests of the client also apply to Rosen Method trainees.

1b. Sexual Relationships Prohibited – Rosen Method professionals or trainees do not engage in sexualized behavior or a sexual relationship with clients, trainees, or the close relatives of clients and trainees.

1c. Dual/Multiple Relationships – Rosen Method professionals or trainees refrain from taking on clients where there is already a clear managerial or supervisory relationship in another discipline or work situation, such as an employer working on an employee. If the Rosen Method trainee is an intern under supervision, he or she will seek the supervisor's approval before accepting a new client where dual or multiple relationships exist. When dual or multiple relationships are unavoidable, which can occur in small Rosen communities, the Rosen Method professional or trainee takes responsibility to clarify and manage the boundaries.

1d. Age Limits and Informed Consent – A Rosen Method professional or trainee does not work with children or young adults under the age of 18 in consideration of the person's physical and emotional development. For those 18 or older but younger than the legal age of consent where he or she lives, written consent from a legal guardian will be requested. Exceptions to this guideline may apply in special cases such as having the written consent of a parent and the understanding of the child, or working with children in hospitals, clinical settings, or treatment communities managed by a team of medical or psychiatric health professionals. Under these circumstances it is recommended that the Rosen Method professional or trainee has additional healthcare training and a license or certification as a registered nurse, physiotherapist, doctor, psychiatrist, psychotherapist, or other clinical specialty. Rosen Method professionals or trainees need to seek legal advice in their local community or country about the laws governing working with a minor or a person with diminished capacity and the need for informed consent (see **7b. Consent** below).

1e. Guidelines for Touch – A Rosen Method professional or trainee practices non-intrusive, non-sexual touch while respecting and protecting the client's modesty and dignity by using appropriate methods of covering the body during bodywork sessions. All touch of genital/intimate areas is always prohibited.

(2) Confidentiality

2a. Principle of Confidentiality – A Rosen Method professional or trainee respects, protects, and preserves the confidentiality of all clients and trainees. Details that are shared between clients and practitioners in sessions, and between trainees and teachers in training contexts, are held in strict confidence.

2b. Exceptions to Confidentiality – A Rosen Method professional or trainee will inform clients that there are legal and ethical limits to confidentiality and the circumstances in which a Rosen Method professional or trainee might disclose confidential information to a third party. If a Rosen Method professional or trainee is required by law to participate in legal or administrative proceedings that require the disclosure of confidential information, he/she will get legal and ethical advice to clarify any potential impact that this could have on his/her commitment to confidentiality with the client or trainee, and to seek additional legal and ethical consultation as needed by the circumstances.

Where an existing student in a training center or country applies to participate in a Rosen training held at another training center or country, the Director of Teaching or Senior Teacher in charge of the course is advised to contact the student's home school to ask if there is any relevant information needed to be shared that could impact the well-being of the student and/or the training environment. The provision of confidentiality notwithstanding, training centers and schools may share confidential information concerning students and interns when necessary.

2c. Protection of Anonymity – A Rosen Method professional or trainee safeguards the welfare and anonymity of clients and trainees when any form of publication or distribution of clinical material is being considered. It is required to always obtain the client's or trainee's written consent when the welfare and anonymity of the client or trainee may be compromised. This includes situations in which current or former clients or trainees may recognize themselves in case material even when the names and actual circumstances have been changed to protect their identity.

(3) Respect for Diversity and Equality

A Rosen Method professional or trainee does not allow biases or prejudice about a client's or trainee's gender, age, national origin, race or ethnicity, disability, sexuality or sexual orientation, social, economic, or immigration status, lifestyle, or religious, political, or cultural beliefs to negatively affect the way one relates to the client or trainee. A Rosen Method professional or trainee actively considers issues of diversity and equality because they may arise in any aspect of Rosen Method. A Rosen Method professional or trainee understands that no one is free from the human experience of prejudice. The imposition by a practitioner of personal values, opinions, or prejudices represents a violation and exploitation of the treatment relationship. A Rosen Method professional or trainee is therefore committed to a continuous process of self-inquiry and

professional development to minimize or prevent prejudice and to prevent prejudice-driven behaviours.

(4) Conduct

4a. Appropriate Professional and Personal Conduct – A Rosen Method professional or trainee understands that his or her professional and personal conduct may have both positive and negative effects on the way he or she is perceived and experienced by a client, trainee, or colleague and seeks to maintain consistently high standards of appropriate professional and personal behaviour.

4b. Required Disclosure – All Rosen Method trainees agree to inform their training center, and certified Rosen professionals agree to inform the RI Service Mark Committee, if he or she:

- (i) is currently charged or previously convicted of a criminal offence, received a conditional discharge for an offence, or accepted a police warning (or the equivalent in country of practice). All previous criminal records must be disclosed at the time of application to any Rosen Method training program.
- (ii) is disciplined or has been disciplined in the past by any professional body or membership organization responsible for regulating or licensing a healthcare or social care profession. All previous professional disciplinary actions must be disclosed at the time of application to any Rosen Method training program.
- (iii) is suspended or placed under practice restriction, or has been in the past, by an employer or training organization because of concerns relating to competence or mental health issues. All previous suspensions or practice training restrictions must be disclosed at the time of application to any Rosen Method training program.

Any inaccurate or false information given to a Rosen training center, school, or the Rosen Institute will be immediate grounds for removal from training or the loss of certification or registration as an active trainee or Rosen Method professional. Once the training center or Service Mark Committee has been informed, the center or committee will discuss the issue and advise the trainee or certified professional regarding any required further action. If the trainee is a student or intern, the training center will determine if further training is viable and/or recommended.

4c. Loss of Rosen Method Certification – If a Rosen Method professional or trainee is convicted of a criminal offence, receives a conditional discharge, or accepts/receives a police warning (or equivalent), the trainee's center or the Service Mark Committee will review the impact that the conviction, conditional discharge, or police warning may have on the status of training or certification and registration to practice. The center or Service Mark Committee will assess any potential risks posed to the person's clients or trainees, and to the public reputation and confidence in Rosen Method. Based on the evaluation of potential risks, the center may either terminate or allow continuation of training, or the Service Mark Committee may revoke certification and/or registration for any Rosen Method professional found to be unfit to practice.

4d. Cooperation with Authorities – The Rosen Method professional or trainee will fully cooperate with any lawful investigation or inquiry about his or her capacity to practice Rosen Method Bodywork or Movement. The Rosen Method trainee or professional may consult with the local or regional RMPA Ethics Committee (if available) and/or the Service Mark Committee and seek legal advice as needed.

4e. Voluntary Surrender of Certification – If a Rosen Method professional voluntarily resigns a Rosen Method certificate before a decision to revoke a certificate has been made, the Service Mark Committee will still proceed to assess the risks and submit a final decision to the RI Board of Directors.

4f. Compliance with Disciplinary Procedures – The Rosen Method professional or trainee agrees to follow the Rosen Institute’s policy for disciplinary procedure.

4g. Suspension and Sanctions – If a Rosen Method professional or trainee is found to have breached the Ethics or Scope of Practice of Rosen Method Bodywork or Rosen Method Movement through a complaint process or a student training review based on concerns or complaints, he or she may be asked to comply with sanctions or receive practice restrictions or warnings. In the case of a trainee, sanctions would be in addition to existing training requirements.

Such warnings and/or sanction(s) may still lead to loss of training status or certification should the sanctions not be fulfilled or the unprofessional behaviour or skills not be remedied by the imposed sanctions. In some cases, should there be no sanctions considered appropriate to address the aspect of a student’s or practitioner’s behaviour that caused the concern and suspension, termination of the student’s training or withdrawal of certification of the practitioner may be the only course of action deemed adequate to address or manage the identified concern(s).

Sanctions could be but are not limited to:

- i) immediate suspension from active practice while an investigation of a serious complaint occurs
- ii) written warnings
- iii) required supervision
- iv) personal psychotherapy
- v) requirements to submit written statements concerning any learning acquired from the complaint(s) and the professional changes that will be implemented as a result of the complaint
- vi) referrals to specific training courses, interventions, or skill building to address the underlying causes of unethical professional behavior

Certification may be revoked in serious circumstances for Rosen professionals. A training center may withdraw their support for a trainee’s continued training if there are serious breaches of the Ethics and Scope of Practice guidelines found through a student training review.

The centers and Service Mark Committee will work in collaboration with local or regional RMPA Ethics Committees (if available) or local specialists regarding the suspension of and/or reinstatement of a Rosen Method trainee's training status or professional's certification.

(5) Professional Knowledge, Skills, and Experience

5a. Disclosure of Training Status – The Rosen Method professional or trainee agrees to disclose his or her status and qualifications as a Rosen Method Bodywork intern or bodywork practitioner, Rosen Method Movement intern or movement teacher, or Rosen Method trainer to clients, trainees, and the public. The member will not claim a level of qualification that has not been earned or certified. The Rosen Method professional or trainee agrees to the RI policies on standards of education, training, and practice.

5b. Appropriate Referrals – The Rosen Method professional or trainee acknowledges the limits of his or her professional skills and competence, as well as his/her own health, well-being, and self-esteem. The professional or trainee will refer clients to others when this is appropriate or necessary.

5c. Accepting and Not Accepting New Bodywork Clients or Movement Students – The Rosen Method professional or trainee may not feel that she or he can accept a prospective bodywork client or movement student. This is important when the Rosen Method professional or trainee is aware of issues or barriers that would prevent an appropriate professional therapeutic relationship. Therefore, a practitioner, movement teacher, or trainee may accept or refuse a prospective client or student. Examples include but are not limited to medical, mental, or emotional issues such as:

- (i) the bodywork client or movement student uses or is under the influence of any psychoactive substance (legal, illicit, prescribed, or not prescribed, such as alcohol or drugs) that may diminish or impact the client's/student's judgment, ability to accurately report physical experience or discomfort, or ability to fully participate in the bodywork session or movement class
- (ii) the bodywork client or movement student has a mental or psychological disorder that prevents appropriate participation in the bodywork session or movement class
- (iii) the client's/student's behaviour or demands fall outside the Scope of Practice for Rosen Method

5d. Compliance with the Scope of Practice – The Rosen Method professional or trainee complies with the RI Scope of Practice statement.

5e. Continuing Education and Professional Development – The Rosen Method professional or trainee is committed to ongoing professional and personal growth, as well as compliance with the RI requirements for continuing education.

(6) Communication

6a. Proper Practice Information to Clients and Students – The Rosen Method professional or trainee agrees to explain the fees, terms, conditions of practice, and cancellation policy to a prospective client or student before the first bodywork session or movement class. Additional information may include clarification about the recommended frequency of bodywork sessions or movement classes, the possibility of referrals to another Rosen practitioner/movement teacher or a related health professional, termination processes, or other policies for that Rosen Method professional or trainee’s business. It is highly recommended to have the information in written form and/or on his or her business website.

6b. Provide Code of Ethics – Upon request, the Rosen Method professional or trainee agrees to provide clients and students with the Rosen Institute Code of Ethics or any related documents they use, including the complaints and disciplinary procedure.

(7) Educating the Client or Student and Obtaining Consent

7a. Explaining Rosen Method – The Rosen Method professional or trainee agrees to explain to the client or student the Rosen Method professional or trainee’s method of working through touch and verbal communication or through movement. This would include an understanding of the basic principles of Rosen Method, the possible benefits, and possible consequences based on the client’s status. All decisions to receive sessions or attend movement classes are based on the client’s free choice to participate. This would include any commitments the Rosen Method professional or trainee makes to the client and any commitments the Rosen Method professional or trainee requires of the client.

7b. Consent – Ongoing consent is integral for the practice of Rosen Method. A client or student must be free to stop, refuse, or seek further information and explanation prior to and during the progress of a session or movement class. See **1d. Age Limits** regarding working with children.

7c. Change of Modality – It is not appropriate to introduce other modalities during a Rosen Method Bodywork session because Rosen Method is unique and stands alone.

Workshops may include Rosen Method combined with other modalities that are not intended for credit toward professional Rosen Method training and certification.

7d. Research – The Rosen Method professional or trainee will clarify with the client or student the nature, purpose, and conditions of any research project that they request the client or student to participate in and ensure that informed consent is given in writing before the research begins.

(8) Business Records

8a. Secure Storage and Disposal – The Rosen Method professional or trainee commits to securely store and dispose of any identifiable business records or data obtained from clients or students in order to protect client and student confidentiality. The types of data and recordkeeping may vary depending on local conditions, laws, and requirements.

8b. Retention Time – It is recommended that client and student records and data be kept for the period of time that is compliant with local, regional, or national laws regarding client document retention and data protection regulations. The disposal or destruction of such records must be done securely, as stated above.

8c. Access to Records by Clients and Students – The Rosen Method professional or trainee will seek clarification regarding local laws to find out if a data protection act or similar legislation applies. If so, clients and students have lawful access to information held in their healthcare records by professionals. The right extends to people appointed on behalf of a client or student, and to representatives of any deceased clients or students. The local law should offer information about disclosure and the practitioner's or teacher's right to object to disclosure, particularly if this would not be in the client's best interest.

In addition, people whose clinical records are kept on a computer have the right to inspect them. Any clinical records held on a computer may be subject to local data protection laws. If necessary, legal advice should be sought before disclosing records. If access is requested and is legally required, the Rosen Method professional or trainee will make copies of records for the client or student or their representative upon written request, without delay and in accordance to statutory requirements. The Rosen Method professional or trainee and the local Rosen Method Professional Association (if available) are advised to stay informed about data protection law developments in their respective country.

(9) Duties and Obligations to Colleagues and the Profession

9a. Collaboration – The Rosen Method professional or trainee works in cooperation with other Rosen Method community members and allied healthcare professionals.

9b. Maintain Positive Regard – The Rosen Method professional or trainee aspires to interact with clients, students, and colleagues with a positive attitude and point of view to help prevent the spread of misunderstanding or dissension among members of the Rosen community.

9c. Grievance and Conflict Resolution – If a conflict or dispute occurs between Rosen Method professionals or trainees — in a training environment, in a professional context, or in a therapeutic relationship — the parties agree to first seek resolution to their conflict through channels within their local community, school, or RMPA. If further help is needed, and once an individual or group has exhausted all possible and appropriate

options and local resources, the Rosen Institute may provide further assistance: for example, as a sounding board to listen to and offer advice about conflicts, disputes, or grievances or, more formally, through the Board of the Institute and its subcommittees.

9d. Complaints – The Rosen Method professional or trainee accepts responsibility for maintaining reasonable understanding of the relevant local laws and statutory requirements that are applicable to their practice. As identified under **9c. Grievance and Conflict Resolution**, once an individual or group has exhausted all possible options with their school, RMPA (if available), or other local structures, the Rosen Institute may provide further assistance, including consideration of formal complaints. If a complaint occurs, the Rosen Method professional or trainee will act promptly and constructively, putting the interest of the client or student first, and fully cooperate with any internal or external investigation. It is considered a serious act of misconduct to threaten or intimidate anyone for raising a complaint.

9e. Prevention of Harmful Practices – The Rosen Method professional or trainee will not engage in or collude with any practice harmful to clients or students. This includes any harmful practice or behaviour by other health professionals and colleagues that is witnessed by or reported to them. This also includes knowing and being prepared to use the procedures for addressing ethical concerns and an expectation that a formal complaint will be filed if necessary.

9f. Duty-of-Care and General Professional Obligations – If the Rosen Method professional or trainee has offered to work with a client or student, even if no fee has been charged or no contractual relationship exists, there is a principle of *duty-of-care* to that client or student. If a client or student has suffered loss or injury due to lack of reasonable skill and care in accordance with the profession and the norms of Rosen Method Bodywork practitioners and movement teachers, there may be legal implications. The Rosen Method professional or trainee minimizes risk by maintaining high professional standards, staying current with developments in alternative and complementary healthcare and general health issues, and staying within one's limits of personal and professional competence.

(10) Professional Integrity

10a. Reporting Unethical Behaviour – The Rosen Method professional or trainee will report potential breaches of this Code, committed by oneself or by other Rosen Method professional or trainees, to their local or regional RMPA Ethics Committee (if available) or the Service Mark Committee.

10b. No Solicitation of Other Rosen Professionals' Clients/Students – The Rosen Method professional or trainee does not solicit other practitioners' clients, nor does a Rosen Method certified training center solicit other training centers' students. This means that Rosen Method professional or trainees do not deliberately try to persuade clients or

training center students to become their own clients or students. Exceptions to this principle may include, but are not limited to, situations such as:

- (i) a client or student has requested information and/or signed up for mailing lists or marketing communications from other practitioners or training centers
- (ii) information is sought through social media communications
- (iii) a student seeks course listings through the RI worldwide training calendar
- (iv) advertising and marketing is distributed for advanced trainings or continuing education courses that are open to a broad audience of trained Rosen professionals

10c. Additional Professional Memberships – The Rosen Method professional or trainee may belong to other professional organizations and associations based on his or her training, competence, and certification or license. The Rosen Method professional or trainee will uphold the obligations of professional ethics and conduct according to each of his or her memberships.

10d. Current Contact Information – The Rosen Method professional or trainee will notify the Rosen Institute of any changes of address, phone number, email address, or other contact details within 30 days of the changes to info@roseninstitute.net.

(11) Advertising

11a. Honest Marketing – The Rosen Method professional or trainee promises that all advertising or promotional materials, including printed brochures and flyers, websites, business cards, and ads will be truthful and not misleading, false, unfair, or exaggerated. The Rosen Method professional or trainee will not make unjustifiable statements or false claims about Rosen Method, him or herself, or other Rosen Method professional or trainees, or suggest that Rosen Method treats medical or psychological conditions. If prohibited by local laws, the Rosen Method professional or trainee will not include testimonials from clients in any advertising material.

11b. No Negative Comparisons with Other Modalities or Colleagues – The Rosen Method professional or trainee agrees to not advertise, state, or imply the superiority of Rosen Method over other therapeutic methods or somatic educational approaches, or state or imply that his or her own superiority of skills and abilities over other Rosen Method professional or trainees.

(12) Teaching

12a. Business Building through Public Lecture/Demonstrations – The Rosen Method professional follows Rosen Institute policies that state that all certified bodywork practitioners and movement teachers are permitted to offer lecture/demonstrations and workshops for the purpose of introducing Rosen Method to the public and building visibility for private practices and movement classes. These events may not issue any certifications other than a certificate of attendance. Training centers are not obligated to

accept participation in any lecture/demonstrations, even if taught in a workshop form, as a prerequisite for acceptance into a Rosen training program but may do so at the discretion of the Director of Training.

- i) All trainers and educators in Rosen Method Bodywork and Rosen Method Movement have a responsibility to protect the standards of the profession. Trainers are responsible for taking reasonable steps to prevent clients being exposed to risk or harmed by trainees.
- 2) All training in Rosen Method Bodywork and Rosen Method Movement should model standards and practice consistent with that expected of practitioners and Movement teachers.
- 3) Trainers are required to be fair, accurate, and honest in the assessment of their trainees.

12b. Qualification to Teach Trainings – In order to teach a Rosen Method training course the Rosen Method professional must either be a certified trainer or co-teach as a teacher trainee with a certified trainer.

(13) Proper Insurance Coverage

It is the responsibility of all Rosen Method professional or trainees to make sure their professional work is adequately covered by appropriate indemnity or liability insurance or by their employer's insurance arrangements. The Rosen Institute is not responsible for any claims against an individual practicing Rosen Method or training center or school offering Rosen Method courses. Thereby, acceptance of this Code implies that all Rosen Method professionals, trainees, and school/training center personnel will hold harmless the Rosen Institute and its officers, directors, agents, and employees from and against claims, damages, losses, and expenses, including but not limited to attorneys' fees, arising out of or resulting from the negligence or misconduct of a Rosen Method professional, trainee, or school/training center personnel in connection with performance of the work described in this Code.

(14) Rosen Method Professional's Physical and Mental Health

14a. Self-Responsibility – The Rosen Method professional or trainee is responsible to not work with clients or students if he or she is not able to do so for reasons of his or her own physical or mental health, or when impaired by the effects of drugs, alcohol, or medication. When necessary, the Rosen Method professional or trainee will refer current clients or students to other professional colleagues so they may continue with Rosen Method or other modalities.

14b. Proper Notification – The Rosen Method professional will create a system for prompt notification to clients, movement students, or trainees if he or she is temporarily or permanently unable to function as a bodywork practitioner, movement teacher, or trainer. This includes careful consideration about how a client or student will be informed of a Rosen Method professional's or trainee's illness or death.

(15) Resources for Ethical, Scope of Practice, and Professional Conduct Issues

15a. Rosen Method Supervision – The Rosen Method professional or trainee may seek supervision and consultation with qualified Rosen Method trainers and/or supervisors through individual supervision, case consultation, or group supervision.

15b. Outside Supervision – A certified Rosen Method professional may use supervision and consultation with outside specialists such as licensed psychiatrists, psychologists, psychotherapists, physicians, physical therapists, clinical ethicists, or other specialists who have knowledge, skills, and experience relevant to the Rosen Method professional. This may include a supervisor bringing in outside consultation or input relevant to a trainee’s need for information or guidance.

15c. Outside Consultation – A certified Rosen Method professional may use outside consultation with licensed medical, psychiatric, or psychological professionals that his or her client or student is also working with. Before consulting about a specific student or client, it is essential to have the client’s written consent to do so in order to maintain the responsibility of professional conduct and confidentiality.

15d. Service Mark Committees – The Rosen Method professional or trainee may contact the Rosen Institute Service Mark Committee for assistance, consultation, or guidance on issues that arise in the practice and teaching of Rosen Method.

This document will be periodically reviewed and revised, with changes made as and when required. The period between reviews will not exceed three years. The date for first review of this document is January 2017.