

# **The Living Inquiries Community Code of Ethics**

## **Introduction**

The aim of this Code of Ethics is to describe the ethical standards to which certified Living Inquiries (LI) facilitators are to adhere.

LI facilitators should endeavour to conduct themselves with honesty and integrity at all times, with clients and within the wider LI community. Facilitators put the needs of their individual clients first and endeavour to do no harm.

A facilitator has, by becoming certified and engaging in facilitating clients, agreed to be bound by this Code of Ethics.

A code of ethics cannot guarantee ethical behavior. Ethical behavior comes from our individual commitment to engage in ethical practice. This is not a set of rules on how to act in all situations. There may be times when facilitators are not clear on how to proceed. In those cases, they will discuss/consult with a Senior Facilitator before taking further action.

## **Overall Values**

1. To respect and protect the privacy, confidentiality and dignity of our clients.
2. To treat all our clients with respect, fairness, compassion and sensitivity, and without discrimination on any grounds.
3. To communicate promptly and appropriately with our clients, ensuring they have all the information they require to explore the LIs for themselves in whatever way they choose to do.
4. To maintain and develop our skills and expertise as facilitators and to engage in ongoing inquiry ourselves.
5. To ensure that we operate within the bounds of our own competence, recognising when a client would be better served by another facilitator or a different modality.
6. To conduct ourselves with integrity, honesty and professionalism.
7. To abide by any relevant legislation in our country.

## **1. To respect and protect the privacy, confidentiality and dignity of our clients.**

1. Everything that clients share in sessions and in communication with facilitators is treated with the strictest of confidence, unless the client herself/himself or someone else is at immediate risk of harm or mandatory reporting laws apply. Facilitators are required to familiarize themselves with local mandatory reporting laws.
2. If facilitators make notes during sessions or keep records of clients' full names, addresses, phone numbers or other personal information, all such records must be kept securely in order to maintain confidentiality.
3. Facilitators should abide by any data protection legislation in their country.
4. Sessions are only to be audio or video recorded with the client's express and voluntary consent, and the consent form completed by the client before the content is shared in any form. Clients should be given sufficient time to listen to the recording before confirming or revoking their consent before the recorded content is shared.

## **2. To treat all our clients with respect, fairness, compassion and sensitivity, and without discrimination on any grounds.**

1. Facilitators should respect the dignity and autonomy of their clients at all times. Facilitators are to encourage the client's own self-reflection and discernment whenever appropriate.
2. Facilitators are not to discriminate against clients on the grounds of gender, race or ethnic origin, sexual preference, religion, class, disability, or any other grounds. If facilitators are triggered by or feel unable to work with a particular client, they should refer them to another, more appropriate facilitator.
3. Facilitators should, as far as possible, have no personal agenda in regard to either the session or the client.
4. Facilitators should not push or coerce clients to inquire if they express or display an unwillingness or lack of readiness to do so. If a client wishes to stop a session, facilitators are to discern if the clients wants to inquire into the desire to stop, or whether they simply wish to stop. If the client indicates they want to stop, the facilitator will respect their wish.

**3. To communicate promptly and appropriately with our clients, ensuring they have all the required information to explore the LIs for themselves in whatever way they choose to do.**

1. Facilitators should endeavor to respond to communications from clients in a timely and helpful manner.
2. Facilitators must provide their clients with access to the resources available for those who wish to learn to self-facilitate, and provide encouragement and support to clients who wish to learn self-facilitation.
3. Facilitators should provide clients further information on the LIs, including the LI websites and Facebook rooms.

**4. To maintain and develop our skills and expertise as facilitators and to engage in ongoing inquiry and self-care, so that we can be fully present to our clients.**

1. Our ability to facilitate depends on our capacity to be fully present to our clients and their experience. Facilitators should, therefore, undertake their own ongoing and regular inquiry to ensure that they are able to create and maintain a safe and non-judgemental space in which clients can rest and inquire.
2. Given the nature of the LIs, feelings of love and compassion may naturally arise between facilitator and client in sessions. However, facilitators are to take responsibility for and inquire into any feelings of a romantic or sexual nature they develop in relation to a client. Facilitators should also consider referring the client to another facilitator, and engaging in dialogue about this issue with a Senior Facilitator.
3. Facilitators take responsibility for and take steps to maintain their own emotional wellbeing. Facilitators should strive to recognise any personal issues that may impair, conflict, or interfere with facilitating. Facilitators will undertake to take appropriate action whenever this is the case.
4. Facilitators should not use clients to meet their personal needs for friendship, validation, company or support. Facilitators are not to initiate contact with clients except for professional reasons.
5. Facilitators must ensure they stay abreast of any new developments with the LIs.

**5. To ensure that we operate within the bounds of our own competence, recognising when a client would be better served by another facilitator or a different modality.**

1. Facilitators undertake to work with clients they are able to facilitate competently and effectively. Wherever this is not the case, they should consult with a Senior Facilitator and/or refer the client to a more appropriate or experienced facilitator.
2. Clients with addictions to alcohol, cocaine, heroin, tobacco and other physiologically addictive substances should first be referred to the Kiloby Center for assessment. No facilitator is to work with clients who are ingesting substances the withdrawal from which may cause ill health or side effects without first referring them to the Kiloby Center.
3. Facilitators who work with clients with trauma should ensure that they can work safely with the client, and have undertaken the post-certification trauma training.
4. Facilitators are never to offer medical or psychological diagnoses, treatments, opinions, or advice of any kind to their clients, unless they are fully qualified and licensed health professionals or therapists permitted to offer such.
5. Facilitators will not use other modalities or therapies in LI sessions unless they are fully qualified and certified to use them. As and when the facilitator introduces a different modality, they will explain it to the client and gain their consent before proceeding.

**6. To conduct ourselves with integrity, honesty and professionalism.**

1. Facilitators should conduct themselves in a professional and conscientious manner, ensuring they fulfil any commitments to clients.
2. Facilitators must describe their qualifications, skills and experience honestly, and should not make any unsubstantiated claims about the effectiveness of their services.
3. Facilitators will act reputably, refraining from any conduct or behaviors that could bring the Living Inquiries community into disrepute.
4. Facilitators aim to exemplify qualities of character such as being kind, ethical, truthful, competent, open-minded, honest, consistent, rational, fair, impartial, and authentic.
5. Facilitators should ensure that their relationship with each client remains appropriate. On no account is a facilitator to enter into a sexual or romantic

relationship with a client, either online or in person. Other forms of inappropriate behavior include creating or going along with flirting or sexual innuendo. The emotional safety of the client is our primary concern.

6. As facilitators, we are automatically in a position of trust and/or authority and this carries special obligations and responsibilities outside of formal facilitation sessions. Facilitators should remain mindful of their clients' wellbeing wherever interactions take place, including Natural Rest groups, group inquiry, retreats, and on Facebook and other online forums.

## **Addiction and Relapse Policy**

Any facilitator who is in recovery from a past history of drug or alcohol addiction, or who was a former client of the Kiloby Center for Recovery for drug or alcohol addiction, must refrain from addictive behaviors regarding drug and alcohol use during the time such person is in training to be a facilitator and during the time in which the person is a certified facilitator. Failure to follow this ethical guideline may result in suspension or termination from the facilitator training program, suspension of certification and/or decertification. In the event that the trainee or facilitator shows a readiness and willingness to work toward rehabilitation after a relapse, the Community may afford the person the opportunity to enter a drug and alcohol treatment program at the expense of the trainee or facilitator or take other recommended measures towards rehabilitation, and the Community (upon review of the matter and with certain guidelines in place), may re-certify the facilitator or allow the trainee back in training.

In any case where the trainee or facilitator does not show readiness and willingness or continues to engage in addictive behaviors, the Community may decertify the facilitator or expel a trainee from the training program. The Community reserves the right to make ongoing drug or alcohol tests a required element of its review of the matter and such tests shall be paid for by the trainee or facilitator.

In some cases, where there is a relapse of other non-drug or non-alcohol addictions, the Community reserves the right to take any remedial or disciplinary measures necessary to protect the facilitator, the trainee, the Community and clients including referral to a program for such condition and/or suspension/decertification.

The Community by way of the board has sole discretion in these matters. Failure to follow recommendations of the Board may result in suspension/decertification.