



Traumatic Birth Recovery - Code of Conduct & Ethics

All certified practitioners of the TBR 3 Step Rewind have agreed to adhere to the following code of conduct and ethics:

- TBR Practitioners act as a guide or facilitator to their client's own healing path.
- TBR Practitioners are not able or desiring to fix or mend their clients because they do not believe they are broken.
- Many TBR Practitioners are not therapeutically trained but those who aren't therapists are birth professionals or pre & post natal specialists and as such have a deep understanding and experience of the negative impact that perinatal traumatic events can have on their lives.
- TBR Practitioners will not judge, critique or comment on what happened but simply provide the time and space for their client's story to be heard and honoured, for their feelings to be acknowledged and validated.
- TBR Practitioners who do not hold therapeutic qualifications cannot offer guidance on other mental health problems such as addictions, depression or OCD.
- TBR 3 Step Rewind is, in most cases, a fast, gentle and effective process that works on trauma symptoms but not on other mental health issues that clients might be experiencing.
- All TBR Practitioners realise the importance of confidentiality and data protection by taking the necessary steps to ensure that their clients are fully protected by their practice.
- As birth professionals or pre & post natal specialists all certified TBR Practitioners are able to support parents in having a better birth experience next time by providing additional services, information, education and sign posting to other professionals.
- All certified TBR Practitioners are required to seek supervision for every 5 clients that they work with. This ensures best practice, reflection and additional support and development should it be required.

This Code of Conduct & Ethics aims to ensure even safer working, building trust with parents and offers a clear guidance of what is expected from certified practitioners and what is not.

I am really proud of what we continue to build as a collective of TBR Practitioners.

Signed:

Date: