



## CODE OF PRACTICE

### Statement of Purpose

The members of the Australian Association of Yoga Therapists recognise the nature of the client-therapist relationship. We accept that it is the responsibility of the Yoga Therapist to ensure a safe and nurturing environment in which a client can grow toward physical, psychological and spiritual well-being.

AAYT members accept and apply the following principles:

#### 1. General Principles

- To adhere to the AAYT Code of Practice
- To protect and support the client in the therapeutic relationship
- To be committed to her/his own personal Sadhana and the principles of the Yamas and Niyamas (Yogic attitudes and behaviours towards others and self)
- In all professional matters, to maintain therapeutic procedures and practices which advance the profession.
- To deal respectfully and ethically with information about clients that has been obtained in the course of the therapeutic consultation process
- To work within the legislative requirements relating to Occupational Health and Safety, Duty of Care, Equal Opportunity, Freedom of Information, Confidentiality and Privacy
- To provide Yoga Therapy treatment/guidance within the scope of her/his skills, knowledge and competence
- To practice with humanity and humility.

#### 2. Professional Practices

- To deal ethically in relation to the charging of fees and receiving of payments for services, in accord with the Yamas and legislative requirements.
- To maintain and store business and client records in accord with legislative requirements.
- To be committed to ongoing professional development.
- To treat employees and trainees in a fair and respectful manner, in accord with the Yamas and legislative and industrial requirements.
- To operate with financial and business integrity
- To maintain client information in accord with accepted confidentiality and privacy guidelines.

### 3. Client Relationships

- To treat all communications from clients with professional confidence.
- To treat clients in a fair and respectful manner in accord with the Yamas
- To establish and maintain appropriate professional relationship boundaries, including the recognition of avoiding dual relationships that could compromise the integrity of the therapeutic relationship.
- To maintain the support of clients through continued provision of professional services or referral to other practitioners, when requested to do so by clients.
- To honestly and fairly represent the benefits of Yoga Therapy to clients.
- To comply with Equal Opportunity requirements, in particular to show sensitive regard for the moral, social, and religious standards of clients
- To respect the trust placed in her/him by clients.
- To obtain consent from clients before audio and/or video tape recording or permitting third party observation of their sessions.

### 4. Peer Relationships

- To treat and refer to colleagues or other professionals in a respectful manner.
- To cooperate with colleagues and other professionals with respect to the needs of clients.
- To act collegially with peers with respect to the fair representation of Yoga Therapy and other health-care modalities

### 5. Promotions

- To promote her/his practice in a way that is professional and accords with the Yamas and legislative requirements
- To ensure that all promotions are fair and honest and avoid misleading or exaggerated statements.
- To honestly represent qualifications, affiliations and scope of practice in all business and promotional communications.