Welcome to the Workshop!

What is the Plan?

• About 2 hours in duration

• Get your downloadable handout to follow along

• Please participate in discussions!

• A 10 question quiz is required for CE Credit
  www.sevenwisdoms.com/ethicsew-quiz.pdf

• Acknowledge Ben E Benjamin, PhD and Cherie Sohnen-Moe for their book The Ethics of Touch
Why Take Ethics Classes?

Ethics is...
Survival Training For Your Practice

- Ethics training is about pre-planning to avoid easy mistakes in a difficult or stressful situation.
- Ethics training is about clarifying & understanding industry standards and expectations.
- Ethics training is about thinking through... in advance... predictable and potentially challenging events to give you the best chance of a positive outcome.
Key Terms... Defining Ethics

- **Ethics**
  The study of moral principles and appropriate conduct as they apply to individual choices, groups, and professions.

- **Values**
  Tangible & intangible convictions that an individual considers of intrinsic worth. Values are based on beliefs and attitudes that involve what is desirable rather than right or wrong.

- **Principles**
  The individual's code of conduct that enable a person to behave with integrity.

- **Morals**
  Morals relate to the personal judgment of good and bad in human behavior and character, and these are usually based in cultural or religious standards.

Confidentiality

- **Client’s Right to Privacy**

- **HIPAA Rules Apply!**

- **Celebrity Clients**
Informed Consent

- Permission
  - Sending Energy
  - Massage Considerations

- What is the Goal of Any Healing Session?

- Religious Considerations

- Ethics of working with Pregnancy

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Informed Consent

- Informed Expectations
  - Experiencing Sensations of Energy
    Heat, tingling, vibrations, colors, etc.

  - Emotional & Physical Releases
    Crying, unwinding, twitching, etc.

  - How do we handle client’s psychic experiences when they ask?

  - Client is in control of the session!
**Ethical Marketing & Advertising**

- Avoid thinking that “your way” of doing energy work is any more powerful or authentic than other ways.
  
  All work. Many factors involved to create effectiveness.

- Healing vs Curing

- Honesty with promised outcomes

- Don’t say you’re going to “open” or “unblock” the client’s chakras. You can’t.

**Intuition’s Slippery Slope**

- Diagnosing Your Client’s Condition!
  - Think of ways to communicate what you are perceiving that are not factual statements:
  - Ask questions i.e. “how is your digestion? Are you having any emotional turmoil at present? How long since your last medical exam?
  - There are 2 parts to this question: legal and spiritual

- Spiritually, a client may take in a medical diagnosis and believe in it so deeply that they start manifesting it in their lives.

- Legally ....
Intuition’s Slippery Slope

- Was That a Prescription???
  - Recommending a Series of Sessions
  - Nutrition or Behavior Changes
  - Essential Oils, Herbs, Supplements
  - How to make recommendations.

- Managing Your Psychic/Intuitive Insights
  - What to share/not share. Your guides are not always all-knowing – they are not smarter than your own higher self:
    - What is your purpose for giving the information?
    - How do you know if the insight applies to you or to them?
    - Who is really speaking?
    - Angels, guides, dead people
Intuition’s Slippery Slope

- The Inevitable Question!
  - How do you answer the client’s inevitable question at the end: What did you see/find?
  - Be careful.
  - You don’t want to draw them back to where they were.
  - You can say something like ‘there was congestion at this or that spots but now the energy is flowing freely’.
  - How do YOU handle this?

Boundaries & Energy Work

- Messy Relationships!
  - When to Say No!
  - Risky Romance
  - Discomfort
  - Can’t Help
  - Enabling & Co-dependency Issues
  - Pushing boundaries of your scope of practice
Walking in Integrity

- It’s ALL About YOU!
  - Know and understand that the clarity and purity of the practitioner, and how much he/she has done the personal practices associated with the work, is extremely important for the success of the treatment.

Walking in Integrity

- Working with Tools!
  - crystals, sound-healing bowls/drums, symbols, sprays, chanting, pendulums:
  - Make sure you are well trained in what you use.
  - Tools contain much symbolism, cultural and ritualistic associations that will impact your client.
  - Never just buy something off the internet or from a spiritual shop and try to use it in a healing session.
Walking in Integrity

• Working with Tools!
  - Make sure both you and your client understand that these things assist the practitioner to gain the vibration or state of consciousness that you are trying to achieve.
  - In and of themselves, these items/practices are not doing the healing – they are not magical!
  - Do not be in awe of them.
  - Be aware that tools can make you lazy!

Walking in Integrity

• Walk the Talk!
  - How you live your daily life will contribute to your effectiveness as an energy worker.
  - All traditional healing lineages have behavioral guidelines for living a spiritual life:
    - Reiki Precepts
    - 10 commandments
    - Aloha
Walking in Integrity

- Walk the Talk!
  - In Yoga, the yama/niyamas which are:
    - Non violence in thought/speech/action
    - Truthfulness
    - Non-stealing
    - Abstinence
    - Non-greed
    - Purity
    - Contentment
    - Self-discipline
    - Self-study
    - Connection to God-consciousness

Whose Session is It?

- Walk the Talk!
  - It is not “doing to” the client.
  - Offer and hold space for them to make their own healing decisions at the soul level.
  - What does holding space mean?
  - Being at your personal best, very focused, without ego playing into the process. Stand with them in your fullness. Fill the space with all possible resources so they have abundance and choice.
**Whose Session is It?**

- Practice Detachment!
  - The outcome of the session depends on the karma and free will of the client.
  - You have the important role of the facilitator.
  - Let go of trying to achieve a healing; let go of wanting to impress the client.
  - Know that you are doing your best in service to that person and detach from all outcomes.

- Don’t Judge!
  - You may see clients who return time after time with the same issue, for example a relationship issue.
  - Non-judgment means understanding that the timing of evolution in the other person’s life has more significance than you can ever know. Each person is affected by not only personal trauma but also by ancestral conditionings and genetics, childhood experiences and if you believe – past life experiences. They are doing their best.
  - Intersections & choice points. There are missed opportunities but one comes back around for more.
Whose Session is It?

- Healing Comes from Within!
  - Energy treatments alone *may not* produce the desired results.
  - Again… be careful about how you suggest lifestyle and diet changes.
  - Give them a simple practice such as breath work/meditation to help them find moments of clarity and peace.

The Business Side

- Ethical Money!
  - Should I Charge for Energy Work?
  - Your Menu of Services
  - Sliding Scale Pricing
  - Working for Free (consider coupons)
  - What are Your thoughts?
Ethical Congruency

• What does your gut say?
• Do you get butterflies just thinking about it?
• Do you have doubts?
• Would you need to sacrifice any of your personal or professional values?
• Does it violate any laws, policies, or a professional code of ethics?
• Is this fair to all concerned parties in the short term as well as long term?
• How would it hold up to scrutiny if all the details were made public?
• How would you feel if the people you hold in high esteem knew your decision?
• How would you feel if your decision was a headline in your local newspaper?
• How would you feel about yourself when all is done?

The Big One...

Do No Harm
Very Important!!!

To receive CE Credit for this course, you must complete the quiz in the back of the handout. Download the quiz from: www.sevenwisdoms.com/ethicsew-quiz.pdf

E-mail your answers to:
To: support@sevenwisdoms.com
Subject Line: Ethics Quiz

In the body of the e-mail, include your name and record your answers to the 10 questions.

Joe Therapist
1. A
2. B
3. C

Certificates are awarded with a score of 7 or more correct answers.

Thank You for Being Here!

Final Thoughts...

• Running an ethical practice is based in clear communication, establishing realistic expectations, and seeking to make every transaction a win-win.

• State of Illinois is NOT sending Renewal Notices in the Mail!!! In Nov/Dec go to: www.idfpr.com to renew.

• Don’t forget to submit your quiz answers to support@sevenwisdoms.com with subject line: Ethics Quiz