

Integrity code

In order to guide participants in a safe setting, The Breathwork Coach has drawn up an integrity code for supervisor and participant.

The central starting point is to help free people from shame and guilt, find and release old pains so that they dare to live fully from their essence again. By discovering where they are wounded and emotionally blocked and helping them discover how to heal the injury to reconnect with their deepest being.

The Breathwork Coach is unique in its vision and working methods. The essence is that people are guided through the different layers of childhood traumas and blockages. Traumas and/or blockages in which they have lost the essential contact with their essence. Facilitators of The Breathwork Coach work from a spiritual therapeutic setting with the task of detecting blockages, giving space and transforming them, so that the deep essence can be felt again, and love can flow again in someone's life.

Facilitators of The Breathwork Coach are aware of their role, offer safety and are lovingly present during the journeys to offer the participant the opportunity to travel to the deepest trauma and / or pain points. Our counselors work from a warm human connection and are willing to consciously look at their own dark sides. There is a capacity for self-reflection and the ability to work from the heart.

We recognize 5 basic needs (as formulated by Pessó) that guide the work of The Breathwork Coach.

- Place (your physical place but also your place in the group)
- Nutrition (symbolic of love and attention)
- Support
- Protection
- Boundary

THE CORE

The purpose of the work of the facilitator of The Breathwork Coach is to bring the participant to his or her core/essence. To use the breath to free the soul from setbacks / blockages and (childhood) traumas in your life. The session is always made from safety and freedom.

The guide is the beacon that watches over the participant, so that the participant can let go from the afore mentioned safety.

THE PARTICIPANT

The participant, who comes into the process during the session, is often not securely attached, causing a trauma or blockage. A participant may or may not be aware of this insecure attachment. The facilitators are always aware of their role and offer a participant safety during the session.

The participant experiences the freedom to participate or not to participate in a session. If the participant chooses to enter the session, the participant is under the responsibility and protection of the facilitator(s).

THE GUIDE

The facilitator is perfectly capable of supporting his or her own processes. If a request for help arises in the supervision of intense processes regarding the own theme, the supervisor will receive support from his own team of supervisors. The facilitator keeps communication open, both to himself and to the team members. With a view to monitoring the safety of the process in the setting of The Breathwork Coach, a facilitator should address a colleague about possible undesirable behavior. The facilitator has the willingness to look at himself and is aware of the human processes. There is an open

attitude and heart within the team of the facilitators, with the central theme of distance and proximity and the attunement in this towards the participant.

There are 16 principles in the integrity code of The Breathwork Coach in which we give meaning to participant and facilitator:

1. Dogma-free.
The supervisor does not guide from a dogma. There is a spiritual setting and working with a methodology and teaching with a clear goal. The participant is free to experience spirituality or religion in his own way. The Breathwork Coach is based on the principle that every person has a soul that connects him to that which is greater. That soul or essence is what is liberated with our work. What you call the spiritual connection with the Divine is not important to us, but we will certainly respect it. Unity in diversity is our starting point.
2. Live Intimate.
There are limits regarding intimacy for the facilitator and participant. Anything that does not have the intention of professional guidance within the setting of The Breathwork Coach is not allowed. The work of the supervisor is also characterized by physical contact and touching. This contact should give confidence and relaxation and from this relaxation the participant can enter into intense emotional processes. We are aware that our setting differs from what is usual in a regular therapeutic setting, in which physical distance between client and therapist is common. Specifically in the case of regression, we offer physical support so that the participant is reassured in his deepest fears and can process the trauma that lies hidden underneath. We are with you as long as you need us. And leave you again when you can handle the process yourself.
So what we specifically don't do is make sexual advances/acts, kiss on the mouth, touch intimate body parts or stay with someone longer than necessary for his/her trial. The participant's safety and process are paramount and the guidance must be geared to this.
3. The needs of the participant.
The needs of the participant are listened to and this need is respected. If a personal need of a participant is not in line with the purpose of the session, it will be limited in a friendly and clearly reasoned way. It should be clear that this is not arbitrary or use of power, but from the point of view of monitoring the setting and process of the participant. The facilitator is at the service of the participant's process.
4. An accepting attitude.
The facilitator has an accepting and limiting attitude.
Everything there is, may be there. Sadness, pain, love or tears.
Facilitators feel what is needed by the participants and also indicate limits with regard to safety for everyone.
5. The role of the facilitator.
The facilitator is aware of his or her role as facilitator.
As a facilitator you are an inseparable part of the group and of the process.
6. The participant's freedom.
7. The participant may always, after participating in a session, give feedback about what he or she has experienced as not pleasant (feedback). Or contact The Breathwork Coach when the participant gets stuck in his or her process.
8. Aftercare.
The participant has the option of aftercare. This can be done via Skype or in person. A process often lasts longer than a weekend or retreat. In the first instance, information can be obtained free of charge from the organization of The Breathwork Coach. Additional integration sessions are facilitated for a reasonable fee.
9. Participant, be welcome.
The participant may show himself in connection with others. He or she is welcome. Also the sides of the participant that he or she does not want to show or the sides

that he is ashamed of. The participant is welcome based on trust, safety and awareness.

10. Distance and Proximity.

Both the participant and the facilitator experience his or her own limits and needs. Coordination with each other is important in this.

11. 11. Transference and Countertransference.

As a facilitator, you are aware of the dynamics of transference and countertransference. Do I act from my own needs or from the needs of the participant?

12. The supervisor can take good care of his own processes.

The supervisor is very capable of taking care of his own processes. This allows the participant to fully relax and surrender to the process.

13. Limits.

Both the facilitator and the participant experience limits. The participant determines the form of intimacy/physical contact that he or she wants to enter into (taking into account point 2).

The participant consciously chooses to enter a session and possibly go deep into the process. The facilitator helps in this journey of discovery and monitors safety and boundaries to protect the participant and fellow participants. A supervisor's 'no' is binding and must be followed. However, the 'no' and now it was enough time to be with me and support me from the participant is also binding. The participant determines how long he needs guidance and what form of guidance.

14. Support.

You are who you are with your light and shadow sides. This applies to both the participant and the supervisor. The supervisor has a supporting function; because he/she has gone through similar processes himself, he/she can support the participant to discover, see and embrace rejected shadow sides. This is the purpose of The Breathwork Coach and in our setting the meaning of healing.

15. Norms and Values.

The participant may discover his or her own norms and values in a safe setting.

16. Education, training.

Supervisors are trained internally. All counselors are people who have years of experience in counseling and who are often also professionally trained and who work in the field of assistance and personal development.

If it appears that the integrity code is not being complied with in a situation, we (The Breathwork Coach) expect you as a participant or supervisor to take responsibility for this yourself by providing feedback to our organization.

In cases where transgressive behavior is suspected or has been reported, we call in external mediator Erica Rijnsburger who will investigate this border crossing, mediate and take appropriate measures. Our organization strives for openness, honesty and transparency and values safety and integrity in our setting.