THE MACROBIOTIC ASSOCIATION

Code of Conduct and Ethics for Macrobiotic Professional Members

The aim of this code for MBA Professional Members, is to ensure that high standards of professional conduct and practice are followed, for the protection and safety of both the clients and the Professional Members. When registering and paying for MBA Professional Membership, they are agreeing to abide by the following Code of Conduct & Ethics Guidelines for practise.

General Code of Conduct and Ethics for all the Healing Arts

1. Always act in such a manner as to promote and safeguard the interests and well being of clients, and in a compassionate and supportive manner.

2. Ensure that no action or omission on your part or within your sphere of responsibility is detrimental to the interests, condition or safety of clients.

3. Acknowledge any limitations in your experience and competence and decline to work with, or treat anyone, unless you are able to do so in a safe and professional manner.

4. Continuously maintain and improve your professional skill and competence.

5. Conduct yourself in an honourable and respectful manner in your relationships with other Professionals and practitioners and avoid speaking detrimentally about them.

6. When working with colleagues, Health Care Professionals or the clients' family, always work in a co-operative manner – in recognition of, and respect for, the contribution they make to the well-being of the client.

7. Where you observe that a client could benefit from seeing another practitioner you will be prepared to recommend this to your client, to seek their help.

8. Recognise and respect the unique nature and dignity of each client. Do this irrespective of their ethnic origin, class, religious belief, gender, sexual orientation, age, disability or personal attributes.

9. Avoid any abuse of your privileged relationship with clients. Starting an inappropriate, emotional or sexual relationship with a current or previous client, is explicitly prohibited over the period of time that the consultations take place, and for a reasonable time following the final appointment with them. MBA Professional practitioners are responsible for ensuring that their sexual and emotional needs are met outside the client-practitioner relationship.

10. Avoid entering into any business, financial, commercial or other relationship with a client, to your advantage, that could exploit your privileged relationship with them.

11. Protect all confidential information concerning clients, obtained in the course of Professional practice and make disclosures only with written consent where required by order of a court or where disclosure is in the wider public interest.

12. Communicate clearly with clients in advance, to agree the hours required, all fees for consultations, cooking or other instruction, and any on-going help by telephone, email, Skype, or in person.

13. To make no unsubstantiated claims as to curability, nor cause distress by seeming to make what could be taken as medical diagnoses.

14. To ensure that consultations, teaching and cooking classes are carried out in an environment that is appropriate, safe and clean.

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General Practice - Guidelines

1. Support in professional practice. It is advised that you regularly take the time and opportunity to reflect on your work and receive feedback. This may be from a regular meeting with a peer or group of peers, or from a more experienced practitioner.

2. Give advice or undertake cooking, only with the client's informed consent and ensure the client understands the nature of the help they will be given.

3. **Advertising**

* MBA Professional Members, shall be guided by this Code of Conduct and Ethics, for any advertising they make or ask to have made.
* Professional Members Registered with the MBA may use the following initials:
  Macrobiotic Health Coach & Cook **- Mb HC&C.**
  Macrobiotic Consultant - **Mb C.**
* Advertising must not make claims of superiority or curability.
* Advertising must make no detrimental comparisons to other Professional Members, or those in similar work.
* Advertising shall comply with the British Council of Advertising Practice.

4. The Professional Members Code of Conduct & Ethics applies to all MBA Accreditation Assessors.

Macrobiotic Health Coach & Cook - Practice Guidelines

1. General advice may be given on how to increase health through dietary and lifestyle changes, but not for healing specific, serious illness.

2. Maintain approved and appropriate Public and Products Liability insurance cover.

3. To respect the client's kitchen and property, always leaving it fresh, clean and tidy.

4. To maintain professional boundaries with clients the focus is on cooking not chatting.

5. When giving advice on setting up a kitchen in a clients' home, to give appropriate and respectful advice and avoid being judgemental or offensive.

6. While general advice on cooking and eating can be given, it is important that no individually tailored recommendations are to be given as a Coach.

Macrobiotic Consultant - Practice Guidelines

1. Always maintain approved and appropriate Professional Indemnity Insurance cover.

2. Macrobiotic Consultants registered with MBA are advised to incorporate a disclaimer in the information they give to clients, for example:-
   "The nature of advice given here is educational, informative and intended to be helpful. It is not medical advice or treatment, nor a replacement for it, therefore if you want or require medical advice you need to go to a qualified Medical Doctor".

3. To keep adequate and appropriate records of all client consultations.

4. On the question of 'taking or ceasing to take' any prescribed medication, always have the client refer to the original prescribing Doctor. It is important to council the client that it is never a good idea to cease taking any medication suddenly because it can have strongly adverse effects.

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Concerning Children

A. The written consent of the parent or legal guardian should be obtained before giving advice to anyone under the age of sixteen.

B. It is a criminal offence if a parent or guardian fails to provide adequate medical aid for a child under the age of sixteen. If a Professional Member or practitioner gave advise to a child, whose parents were not providing adequate medical aid, this could be considered as "aiding and abetting" the offence.

C. Where it is known that the parents have not asked for the child to receive any medical attention from a Medical Doctor, Professional Members of MBA are most strongly advised to secure the signature of the parent or guardian to the following statement:

I have been advised by (name of Professional Member) that according to law I should consult a doctor concerning the health of my child, (name of child).
Signed (parent or guardian) *Date*
Witness (signature of person witnessing)
This signed statement shall be kept with the client's records.

5. Mental Incapacity. If a person is deemed to be incapable, unable, or refuses to give consent for any treatment due to mental incapacity, you are advised to act only in the client's best interests and with the agreement of their legal guardian.

6. Venereal Disease. Under the Venereal Diseases Act 1917 it is illegal to treat knowingly for reward, whether direct or indirect (e.g. for a 'contribution') syphilis, gonorrhoea or soft chancre. Therefore you may not advise clients with these diseases unless the treatment is entirely free.

7. If a client is using the services of a Macrobiotic Health Coach & Cook, the Macrobiotic Consultant will talk to them, with the client's permission, on any matter of importance to the client's wellbeing.

Guidelines for Overseas Professional Members

If you become accredited with the Macrobiotic Association and move overseas, you can continue to subscribe and register as a Professional Member with the following conditions:

1. If public liability or indemnity insurance cover, as described above, is available in the country or countries where you practice, you must obtain this and send a copy in the English language, to the MBA with the application to renew your Professional Membership.

2. If appropriate insurance cover is not available in the countries in which you practice, you must agree to abide by the laws of that country.

3. If you live outside the UK but work within the UK, you must have appropriate Insurance cover for working in the UK.

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