BAMBA | British Association of Mindfulness-based Approaches

Registered charity 1211302

BAMBA Ethical Principles and Professional Conduct Framework

BAMBA's **Professional Standards** describe what registered teachers, supervisors and assessors are required to do in order to join and maintain membership of the Register.

The **Good Practice Guidelines** describe the various ways in which those standards may be achieved and maintained in practice.

The **Ethical Principles and Professional Conduct Framework** describes the values, attitudes and ethical commitments that underpin all BAMBA professional activity and that in which is expected by its members.

A Six Principle Structure

Principle 1 - Participant Welfare and Public Protection

Teachers, supervisors, trainers and assessors place the wellbeing, dignity, safety and best interests of participants at the centre of their professional practice. They recognise that mindfulness teaching involves relationships of trust and responsibility and take appropriate steps to protect participants from avoidable harm.

BAMBA members are expected to:

- Promote the wellbeing and safety of participants in all areas of professional activity.
- Respect the dignity, autonomy and self-determination of those with whom they work.
- Provide sufficient information to support informed choice and informed consent.
- Recognise and respond appropriately to safeguarding concerns.
- Work in ways that minimise the risk of physical, emotional, psychological, social or financial harm.

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- Seek appropriate supervision, consultation or referral whenever participant needs exceed their competence.

Principle 2 - Integrity, Honesty and Transparency

Mindfulness-based approaches are most effectively shared through relationships grounded in honesty, authenticity and trust. BAMBA members communicate accurately and responsibly about mindfulness, their qualifications, their experience and the services they provide.

BAMBA members are expected to:

- Represent mindfulness-based approaches honestly and responsibly.
- Communicate accurately about training, qualifications, experience and areas of competence.
- Describe the potential benefits and limitations of mindfulness in ways that are balanced and evidence informed.
- Distinguish clearly between established evidence, emerging practice, personal experience and professional opinion.
- Avoid misleading, exaggerated or unsubstantiated claims regarding mindfulness teaching, participant outcomes, health benefits or programme effectiveness.
- Use websites, marketing materials, public communications and social media responsibly and transparently.

Principle 3 - Respect, Inclusion and Human Dignity

BAMBA members seek to create environments in which all people are welcomed with respect, dignity and compassion. They recognise the diversity of human experience and commit to inclusive practice that honours difference whilst supporting equitable access and participation.

BAMBA members are expected to:

- Treat all participants, supervisees, trainees and colleagues with respect and fairness.
- Respect diversity of identity, culture, background, beliefs, values and lived experience.
- Reflect on personal assumptions, biases and blind spots that may influence professional practice.
- Make reasonable efforts to support accessibility and inclusion.

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- Adapt teaching and professional activities where appropriate to meet diverse needs.
- Contribute positively to a culture of belonging, equity and mutual respect.

Principle 4 - Professional Competence and Reflective Accountability

Professional competence is sustained through personal practice, ongoing learning, reflective inquiry and openness to feedback. BAMBA members recognise the limits of their competence and take responsibility for maintaining appropriate standards of professional practice.

BAMBA members are expected to:

- Maintain the Professional Standards required for BAMBA registration.
- Engage in regular supervision and reflective practice.
- Undertake ongoing continuing professional development.
- Recognise and work within the limits of their competence.
- Seek additional training, mentoring or supervision before extending their scope of practice.
- Remain open to feedback, challenge and opportunities for professional growth.

Principle 5 - Professional Boundaries and Financial Integrity

Mindfulness teaching, supervision and training involve positions of trust. BAMBA members maintain clear professional boundaries and act with integrity in financial, organisational and professional relationships.

BAMBA members are expected to:

- Maintain appropriate professional boundaries at all times.
- Recognise and manage conflicts of interest ethically and transparently.
- Communicate fees, costs and financial arrangements clearly and honestly.
- Avoid creating inappropriate dependency relationships with participants, supervisees or trainees.
- Avoid applying pressure to purchase services, programmes or products.
- Not financially exploit participants, supervisees, trainees or colleagues.
- Not use positions of trust, authority or professional influence for personal financial gain.

Principle 6 - Stewardship of the Profession

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BAMBA members recognise that they contribute to the integrity, credibility and future development of the mindfulness field. They seek to act in ways that support public confidence, collegiality and the responsible development of mindfulness-based approaches.

BAMBA members are expected to:

- Act with integrity, honesty and fairness in all professional activities.
- Uphold and promote the reputation of the profession through ethical conduct.
- Support the responsible development of mindfulness-based approaches.
- Respect intellectual property, copyright and professional contributions of others.
- Address concerns regarding unethical or unsafe practice appropriately and responsibly.
- Contribute to a culture of learning, mutual support and accountability within the mindfulness community.

These six **Ethical Principles** should be read alongside BAMBA's **Professional Standards** and **Good Practice Guidelines**. Together they provide a coherent framework for ethical, safe, inclusive and accountable professional practice. The Ethical Principles describe the values and commitments that underpin BAMBA membership; the Professional Standards describe the requirements for registration; and the Good Practice Guidelines provide practical examples of how those standards may be achieved and maintained.

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