



Code of Membership- Ethics and Practice

This Code sets out the standards of professional conduct that apply to the members of the Irish Reflexologists' Institute Limited and their activities. This code governs the attitude and behaviour of the Reflexologist towards clients, the general public, media, internet and any other electronic transmissions and fellow members of the Institute and may form the basis for discussion in the event of any complaint against a member. This Ethics Code is based on commonly held principles, attitudes and values relevant to all aspects of health care delivery.

In addition this Code sets out minimum requirements to ensure that our Members Register only lists those members who have attained a suitably high standard of training, who have set up in professional practice, and who can be recommended with confidence to the general public. Furthermore this Code is designed to encourage integrity and responsibility in the practice of Reflexology. All members of the Institute are required to follow this Code.

Preamble

A Reflexologist (is a Complementary Therapist) is a health care professional who is trained in a coherent healing philosophy, based on a traditional system of therapeutic interventions that are different from allopathic medicine. A Reflexologist applies that healing philosophy to help their clients and assist the general public to make informed choices regarding their physical, emotional, spiritual, mental health and well-being. A Reflexologist strive to uphold the dignity and honour of others within the law and in accordance with standards set by their professional association.

The fact that a given practice or conduct is not specifically addressed by a "Code" does not necessarily mean that it is either ethical or unethical, or not obligatory. For Reflexologists, this means that resolving an ethical dilemma or question will require reflection, and sometimes dialogue with clients and colleagues. Action may be necessary even if the issue is still not resolved.



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THE PRACTITIONER

1 RESPECT FOR THE DIGNITY AND RIGHTS OF OTHERS

- 1.1 Members shall respect and promote the fundamental rights, dignity, and worth of all people. They shall respect the rights of individuals to privacy, self-determination, autonomy and confidentiality consistent with their professional obligations and the law.
- 1.2 Members shall respect the knowledge, insights, education, experience and areas of expertise of clients, colleagues, Learner, relevant third parties and the general public.
- 1.3 Members shall respect a clients cultural, individual, and role differences, including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, sexual orientation, disability, language, and socio-economic status.
- 1.4 Members shall avoid practices and communications which are the result of personal investment and unfair bias that could lead to discrimination and unjust outcomes.
- 1.5 Members shall ensure that prospective clients are fully advised of the terms and conditions of the professional contract, including costs, contraindications, extent and duration of the treatment programme, prior to commencing treatment.
- 1.6 Members shall advise the client if the reflexology treatment will consist of a mix of other therapies that the member is qualified in and the reasons/benefits for so doing.

2. COMPETENCE

- 2.1 Members shall strive to ensure and maintain high standards in their work. They provide only those services and use only those techniques for which they are qualified by training, education and experience.
- 2.2 Members shall respect the limitations of their therapy and the boundaries of their own competencies and expertise, and work within the parameters and ethos of their therapy.
- 2.3 Members shall limit their seeking and giving information to only that which is required for professional purposes.



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- 2.4 Members shall be aware that special safeguards may be necessary to protect the rights and welfare of minors and of persons whose vulnerabilities impair independent decision making, and will obtain appropriate consent to begin and to end a treatment
- 2.5 Members shall be aware of their obligation not to practice when their functioning and judgement is impaired, including temporary problems and assure themselves, as far as possible, that their services are not misused.
- 2.6 Members shall avoid discrimination and bias, including any bias towards allopathic medicine and other healthcare professionals.

3. RESPONSIBILITY TOWARDS CLIENTS

- 3.1 A member shall be aware of their responsibility to insure as far as is possible, that no act or omission on their part or within their sphere of responsibility is detrimental to the interest, conditions or safety of clients, or to the community and society in which they work and live. Members shall at all times skillfully and caringly practice Reflexology for the benefit of the client. The treatment of the client shall be holistic.
- 3.2 Members shall promote and maintain high professional standards and be aware of their obligation not to exploit the professional relationship to further personal, religious, political or other ideological interests
- 3.3 Members are responsible for the quality and outcome of their professional actions, and will consult with, refer to, and co-operate with other professionals to the extent needed to serve the best interests of those with whom they work.
- 3.4 Members shall practice only within the limits of his/her professional training and competency. No unqualified advice should be given.
- 3.5 Where a member is concerned by the conditions of a client, medical or otherwise he/she should advise the client to consult their medical doctor or other qualified practitioner
- 3.6 Members shall insure that clients understand the effects and limits of the therapy, and will be honest, fair and truthful in their dealings with others. Clients shall be advised of any contraindications that may apply to the treatment.



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- 3.7 Members shall respect confidential information, insuring client's records are securely stored, in line with GDPR regulations, and access to them is limited to those who have a legitimate right to see them, including the client themselves. When the law requires, only relevant information will be disclosed, to safeguard the rights to fairness and justice of those they interact with professionally and other affected persons.
- 3.8 Members are responsibly for terminating treatment with consent, at the earliest moment consistent with the good care of the client.
- 3.9 Members should not
- Diagnose a medical condition
 - Prescribe
 - Claim to Cure
 - Treat a specific ailment in connection with a reflexology treatment
 - Use any other products other than a base oil/lotion/cream or powder during a treatment unless qualified to do so
- 3.10 A private treatment room with easy access to bathroom facilities should be provided. Premises and equipment must be clean and hygienic. Hygiene standards are required to be compliant with HSE guidelines.
- 3.11 Members must ensure that their own health and hygiene are not such as to put a client at risk

4. INTEGRITY.

- 4.1 Members are honest, fair, respectful and truthful in their dealings with others and strive to benefit those with whom they work
- 4.2 Members shall be alert to and guard against personal biases and prejudices, financial, social, organisational or political factors, that might lead to the misuse of their position and influence.
- 4.3 Members shall address and endeavour to correct any resulting mistrust or other harmful effects that arise from a conflict of interests or deception



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- 4.4 Members shall be aware of the inequality of power in the professional relationship, which may continue after the relationship is formally terminated and of the professional responsibility that may still apply
- 4.5 The Institute have an obligation to give members a reasonable critique of their actions, and to inform members and/or the relevant association if appropriate, if there is a question of unethical activity

5. **PUBLICITY**

- 5.1 Members shall not seek to attract business unfairly or un-professionally or in any way which would discredit the reputation of Reflexology or the Institute.
- 5.2 Advertisements in the media should be accurate
- 5.3 Members shall not abuse the trust of existing or potential clients or exploit their lack of knowledge
- 5.4 No claim can be made to cure

6. **CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)**

The Institute encourages members trained in other disciplines to join professional bodies concerned with the discipline they are qualified in. We advise members to be familiar with the Ethics Code of other associations they may belong, accepting it as a framework that supports them in their practice and their responsibilities to clients, colleagues and the general public. This code is not a substitute for those of other professional bodies to which members may belong.

- 6.1 It is a requirement for IRIL full members to continue their professional development by producing the required minimum CPD points at renewal each year.
- 6.2 It is a requirement for IRIL full members to be fully insured against malpractice and Public Liability.



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- 6.3 It is a requirement for ILIL full members to maintain Current First Aid Certification.
- 6.4 The Institute require their members to continue to develop their awareness of ethical issues through study, self-reflection and common dialogue on ethical issues, in the spirit of accountability, peer support and collegial solidarity.
- 6.5 The Board of Directors can alter this code at any time. Prior to a decision being made they may invite comments from members for consideration.