



International Association for Anthroposophic Body Therapies

# International Ethical Guidelines for Anthroposophic Body Therapies

October 2022

## Guiding Principles

Anthroposophic Body Therapies are based on the anthroposophic image of the human being. This concept understands the human being consisting of body, soul and spirit with the inherent ability to continuously develop.

We are guided by the "Declaration on the Promotion of Patients' Rights in Europe"<sup>1</sup> (WHO 1994), as well as the "European Charter on Patients' Rights"<sup>2</sup>.

## Values regarding the therapeutic relationship between patient and therapist

Therapists commit themselves to:

- respecting the rights of patients<sup>3</sup>
- exercising their profession conscientiously
- ensuring and protecting patient's confidentiality and privacy
- seeking to help every person in need within the realms of their abilities irrespective of age, gender, nationality/culture, faith and ethnicity
- valuing each patient as a unique person, respecting their dignity and freedom and observing appropriate professional boundaries
- in no way exploiting a patient's vulnerability for their own benefit
- informing the patient accurately and truthfully about the nature of the treatment being offered
- protecting the interests of patients who are either minors or not able to give free and informed consent if they lack capacity within the applicable legal framework by obtaining permission from other suitable people i.e. guardians to make decisions on their behalf

---

<sup>1</sup> <https://archive.org/details/erklarung-zur-forderung-der-patientenrechte-in-europa-who-1994/page/n1/mode/2up>

<sup>2</sup> <https://www.activecitizenship.net/multimedia/files/charter-of-rights/the-charter-in-several-languages/full-text/Germany.pdf>

<sup>3</sup> See footnotes 1 and 2



International Association for Anthroposophic Body Therapies

- accurately documenting both, treatment and therapeutic process
- working competently, recognising and ensuring personal boundaries and referrals to appropriate professionals or organisations if needed
- providing a safe environment that meets all requirements and complies with applicable health and safety legislation (e.g. hygiene)
- establishing a clear agreement on the type and extent of treatment (treatment plan)
- communicating costs of treatment transparently and comprehensively
- dealing with constructive feedback professionally, self-critically and creatively, respecting patients and taking their concerns seriously
- seeking clinical supervision if needed
- being knowledgeable about the applicable legal framework and obligations i.e. scope of own practice and competence

### **Values regarding the relationship to other health professionals**

The anthroposophic body therapist works autonomously as a specialist in their own field where applicable in cooperation with other health professionals and/or upon instruction by a doctor for the benefit of the patient.

Thereby all guiding principles, such as ensuring of confidentiality or release of medical records consented by the patient will be respected.

Collaboration with colleagues, other health professionals, referral practice, other organisations, authorities or agencies should always be constructive and be met with integrity and on a basis of mutual respect.

The reputation of a colleague or another health professional must never be questioned in relation to third parties.

### **Representation**

The therapist should:

- use resources responsibly
- uphold professional standards competently in public
- thrive to work in such a way that the public perception of anthroposophic body therapy will be promoted
- provide accurate and truthful information to the public about the nature of the services offered and comply with all applicable local, regional and national legislations