

# INTERACTIVE TEACHING METHOD TEACHERS' ASSOCIATION

## CODE OF ETHICS & PRACTICE

### 1. Introduction

The purpose of this code is to establish and maintain standards for teachers of the Interactive Teaching Method for teaching the F. M. Alexander Technique who are members of the Interactive Teaching Method Teachers' Association (hereafter called the ITMTA), and to inform and protect people who seek or use their services.

- 1.1 All members of the ITMTA are required to abide by the current codes appropriate to them. Implicit in these codes is a common frame of reference within which members manage their responsibilities to students, colleagues, members of the ITMTA and the wider community. No code can resolve all issues relating to ethics and practice. In this code we aim to provide a framework for addressing ethical issues and encouraging best possible levels of practice.

Members must determine which parts apply to particular settings, taking account of any conflicting responsibilities.

- 1.2 The ITMTA has a Complaints Procedure that can lead to disciplinary measures up to and including the revocation of the teaching certificate for serious breaches of its Codes of Ethics and Practice.
- 1.3 The term 'teaching' includes work with individuals, pairs or groups of people referred to as 'students'.
- 1.4 Teaching involves a deliberately undertaken contract with clearly agreed boundaries and commitment to privacy and confidentiality. It requires explicit and informed agreement and consent between all parties.
- 1.5 All ITMTA members shall abide by its Equal Opportunities Policy statement. The full statement can be found at the end of this Code.
- 1.6 All ITMTA members shall abide by its Children and Vulnerable Adults Good Practice Policy found in a separate document (See ITM website under 'About Us' at [http://www.alexandertechnique-itm.org/about\\_us/about\\_us.html](http://www.alexandertechnique-itm.org/about_us/about_us.html)).

## 2. Values

Teachers' basic values are integrity, impartiality and respect.

### 2.1 Responsibility

All reasonable steps should be taken to ensure the student's safety during teaching sessions. Teaching is a non-exploitative activity and teachers must take the same degree of care to work ethically whatever the setting or the financial basis of the teaching contract.

### 2.2 Anti-discriminatory Practice

Teachers must consider and address their own prejudices and stereotyping and ensure that an anti-discriminatory approach is integral to their teaching practice.

### 2.3 Confidentiality

Teachers should offer the highest possible levels of confidentiality in order to respect the student's privacy and create the trust necessary for teaching.

### 2.4 Contracts

The terms and conditions on which teaching is offered shall be made clear to students before teaching begins. Subsequent revision of these terms should be agreed in advance of any changes.

### 2.5 Boundaries

Teachers must establish and maintain appropriate boundaries around the teaching relationship.

### 2.6 Competence

Teachers shall take all reasonable steps to monitor and develop their own competence and to work within the limits of that competence.

## 3. Issues of Responsibility

3.1 The teacher-student relationship is the foremost ethical concern. However, teaching does not exist in social isolation and teachers may need to consider other sources of ethical responsibility.

3.2 Teachers take responsibility for teaching decisions in their work with students.

## 4. Responsibility to the Student

4.1 Teachers must not exploit their students financially, sexually, emotionally, or in any other way.

4.2 Teachers have a responsibility to establish with students, at the outset of teaching, the existence of any other therapeutic or helping relationships in which the student is involved and to consider whether teaching is appropriate.

Teachers should gain the student's permission before conferring in any way with other professional workers.

- 4.3 A teacher should not make any kind of medical diagnosis while in a teaching situation.

## **5. Responsibility to other Teachers**

- 5.1 Teachers must not conduct themselves in their teaching-related activities in ways which undermine public confidence either in their role as a teacher of the Alexander Technique or in the work of other teachers.

## **6. Responsibility to Colleagues and Others**

- 6.1 Teachers are accountable for their services to colleagues, employers and funding bodies as appropriate. At the same time they must respect the privacy, needs and autonomy of the student as well as the contract of confidentiality agreed with the student.
- 6.2 No one should be led to believe that a service is being offered by the teacher which is not in fact being offered.

## **7. Responsibility to the Wider Community Law**

- 7.1 Teachers must take all reasonable steps to be aware of current law as it applies to their teaching practice.

## **8. Research**

- 8.1 Teachers must conduct any research in accordance with ITMTA guidelines.

## **9. Confidentiality**

- 9.1 Care must be taken to ensure that personally identifiable information is not transmitted through overlapping networks of relationships.

- 9.2 Teachers must pay particular attention to protecting the identity of students. This includes discussion of cases in teaching supervision.

## **10. Advertising & Public Statements**

- 10.1 All advertising and public statements should be accurate.
- 10.2 Teachers should not display an affiliation with an organization in a manner which falsely implies sponsorship or validation by that organization.
- 10.3 Any publicity material and all written and oral information should reflect accurately the nature of the service on offer, and the relevant teacher training as well as the qualifications and experience of the teacher.
- 10.4 Teachers should take all reasonable steps to honour undertakings made in their teaching information.

## **11. Contracting with Students**

- 11.1 Teachers are responsible for reaching agreement with their students concerning the terms on which teaching is being offered, including availability, arrangements for the payment of any fees, cancelled appointments and other significant matters.
- 11.2 Teachers must keep appropriate and accurate student records (see 'Guide to record keeping' at <http://www.alexandertechnique-ITMTA.org/ukregulation/docs.html> for guidance).
- 11.3 Teachers must be aware that computer-based records are subject to statutory regulations. It is the teacher's responsibility to be aware of any changes the government may introduce in the regulations concerning the student's right of access to his/her records.

## **12. Boundaries with Students**

- 12.1 Teachers are responsible for setting and monitoring boundaries throughout the teaching sessions and will make explicit to students that teaching is a formal and contracted relationship and nothing else.

### **13. Teacher Competence**

- 13.1 Teachers must have achieved a satisfactory level of competence before commencing teaching and must maintain continuing professional development (see ATVSRG Regulatory Documents 'II Continuing Professional Development Document' at <http://www.alexandertechnique-itm.org/ukregulation/assets/2-cpd.pdf> for guidance).
- 13.2 Teachers must actively monitor their own competence through teaching supervision and be willing to consider any views expressed by their students and by other teachers.
- 13.3 Teachers will monitor their functioning and will not teach when their functioning is impaired by alcohol or drugs. In situations of personal or emotional difficulty, or illness, teachers will monitor the point at which they are no longer competent to practice and take action accordingly.
- 13.4 All UK teachers currently in practice must take out and maintain adequate professional liability insurance cover. Non-UK teachers are strongly recommended to do the same.

## **Equal Opportunities Policy**

The Interactive Teaching Method Teachers' Association (the ITMTA) is committed to promoting Equality of Opportunity of access and participation for all of its members in all of its structures and their workings.

The ITMTA has due regard for those groups of people with identifiable characteristics which can lead to visible and invisible barriers thus inhibiting their joining and full participation in the ITMTA. Barriers can include age, colour, creed, culture, disability, education, 'ethnicity', gender, information, knowledge, mobility, money, nationality, race, religion, sexual orientation, social class and status.

The work of the ITMTA aims to reflect this commitment in all areas including services to members, employer responsibilities, the recruitment of and working with volunteers, setting, assessing, monitoring and evaluating standards and the implementation of the complaints procedures.

The ITMTA will promote and encourage commitment to Equality of Opportunity by its members.