



# **Craniosacral Therapy**

## **Association of South Africa**

# THE CODE OF ETHICS

## FOR THE MEMBERS OF

# THE CRANIO-SACRAL THERAPY ASSOCIATION OF SOUTH AFRICA

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#### 1. **Preamble**

- 1.1 The **Ethical Code of Conduct** is designed to encourage **integrity and responsibility** in the practicing of CranioSacral Therapy and to uphold and further the standing of the profession **by members of the CranioSacral Therapy Association of South Africa.**
- 1.2 It is not only a broad philosophy of life or attitude; it has also the support of the Constitution of the CranioSacral Therapy Association of South Africa.
- 1.3 The Ethical Code of Conduct is a guide according to which conduct is determined and a standard by which conduct can be evaluated.
- 1.4 The Ethical Code of Conduct may form the basis of discussion in the event of disciplinary action against a member or disqualification of membership.
- 1.5 The Ethical Code of Conduct is **not a substitute for Rules and Regulations of the .....NHSSA.....** or those of any other professional body to which a member may belong.

#### 2. **Definitions**

- 2.1 **“ETHICAL CODE OF CONDUCT”** refers to the personal behaviour, moral principles and management of the member practicing CranioSacral Therapy. It includes that the member shall have respect for the norms and values of a patient and other health practitioners or therapists.
- 2.2 **“Member”** means a **member of the CranioSacral Therapy Association of South Africa.**
- 2.3 **“Profession”** means CranioSacral Therapy .
- 2.4 **“Treatment/therapy”** means CranioSacral Therapy treatment.
- 2.5 **“Practitioner/Therapist”** means other health practitioners or therapists.
- 2.6 Any reference to **one gender shall include the other.**
- 2.7 **“Mutual respect”** means esteem and regard for clients, other professionals and oneself

- 2.8 “**Client autonomy and self-determination**” means the freedom to decide and the right to sufficient information to make the decision
- 2.9 “**Veracity**” means the right to the objective truth
- 2.10 “**Proportionality**” means the principle that benefit must outweigh the burden of treatment
- 2.11 “**Non-maleficence**” means the principle that the profession shall do not harm and prevent harm from happening
- 2.12 “**Beneficence**” means the principle that treatment should contribute to the client's well-being
- 2.13 “**Confidentiality**” means not sharing information with anybody unless in professional or legal capacity and with consent of the client
- 2.14 “**Justice and Equality**” means no discrimination

### **3. Qualification for practicing legally**

- 3.1 The member must be registered with the .....**NHSSA**. as a CranioSacral Therapist in order to practice **legally** in South Africa.
- 3.1 Registered Students, who are members of the Association, must work under the supervision of a training institution that is registered with the .....

### **4. General Principals for Professionalism**

#### ***Professional behaviour***

- 4.1 The member is expected to be dedicated and to act professionally so not to harm and to prevent harm from happening.
- 4.2 The member must not give a treatment when physically or emotionally impaired or if she is in any way unwell.
- 4.3 Members shall not engage in sexual impropriety of any nature (whether verbal, physical or both) with a patient.
- 4.4 The member may not accept commission for referred clients.
- 4.5 The member may not diagnose, prescribe, claim to cure and claim to treat a specific ailment.
- 4.6 The member may treat or provide treatment for diagnosed disease, illness or deficiencies in humans or prevent such disease, illness or deficiencies in humans or animals.
- 4.7 A member should not speak or write disrespectfully of a fellow therapist or other health care practitioner publicly or to a patient.
- 4.8 The Regulations regarding advertising, nameplates, stationery and canvassing should be adhered to.

#### ***Practice within limits of training***

- 4.9 The member shall practise only within the limits of her professional training and competency.
- 4.10 The member shall not give unqualified advice.

#### ***Hygiene requirements***

- 4.11 The member must ensure that personal health and hygiene shall not offend or put the patient at risk.
- 4.12 All hygiene requirements must be followed including washing of hands before and after a treatment.
- 4.13 The premises, equipment and any materials used must be clean and hygienic.
- 4.14 The clothing or uniform of the member must be clean, neat, tidy and appropriate.

#### ***Recognising unique nature of patient/ practitioner/therapist***

- 4.15 In recognising the unique nature of the patient and fellow practitioner/ therapist the member shall have respect for all religious, spiritual, political and social views irrespective of race, colour, creed or sex.

#### ***Informed Consent to Therapy***

- 4.16 The member must obtain informed consent to therapy before a treatment.
- 4.17 During the initial consultation with a patient, or any person responsible for maintenance of such patient, the member must use a language that is reasonably understandable to the patient and must -
  - 4.17.1 give an accurate description of CranioSacral Therapy and the treatment;
  - 4.17.2 state the number and frequency of treatment;
  - 4.17.3 advised of possible reactions after the treatment and
  - 4.17.4 inform the patient of the fee which she intends to charge for the treatment.

- 4.18 The member must respect the patient's autonomy and self-determination in that on receiving sufficient information regarding the treatment, the patient can decide whether or not to continue with the treatment.

#### ***Responsibilities towards Patients***

- 4.19 The member must always recognise her responsibility towards a patient and at all times honour the principle that the treatment should be in the best interest of the patient.
- 4.20 The patient must be received and treated with respect, dignity, sensitivity, justice and with equality.
- 4.21 If the member suspects a patient is affected by any condition, medical or otherwise, the person should be advised to obtain an appropriate practitioner's opinion.
- 4.22 If the condition of a patient is of such nature that the treatment will make them feel more ill treatment should not be done.
- 4.23 If the member practices an alternative therapy, it should be made clear to the patient that the alternative method of therapy forms no part of Reflexology.

#### ***Case history notes***

- 4.24 The member must ensure that a full and accurate record of any treatment given is kept as well as the patient's response to that particular session.

#### ***Confidentially***

- 4.25 Confidential information of a patient is of paramount importance and may not be released **without the consent** of the patient, parent or legal guardian of a minor patient.

#### ***Work in co-operation with other practitioners/therapists***

- 4.26 The member shall work in a co-operative manner with other health care practitioners/therapists and recognise and respect their particular contribution within the health care team, irrespective of whether they perform from an allopathic or complementary base.

#### **HIV+/AIDS, Hepatitis B and other infectious diseases**

- 5.1 Members should bear in mind that universal health precautions should be followed when working with a patient with an infectious disease.
- 5.2 Members must consider that blood will only penetrate through broken skin, and therefore any cuts or open sores should be covered with waterproof plasters.
- 5.3 All protective items such as gloves, masks, aprons etc. must be readily available, dispensed with care and/or disposed of in the recommended manner.

#### **6. Handicapped patient**

- 6.1 Members working with mentally handicapped, cerebral palsied, physically handicapped aged and patients with fragile bones or lax ligaments patients, must take care when lifting and turning the patient to prevent any pain that could occur if the patient is not moved correctly.

#### **7. Insurance**

- 7.1 The member must ensure that her practice is fully covered by insurance against public liability.

#### **8. Consulting room**

- 8.1 A consulting room must consist of at least two separate rooms. One room is to be used for consultation and treatment of a patient, and the other room easily accessible from the first room, for a reception and waiting room providing seating for patients.
- 8.2 If any part of a residence is used as consulting rooms, such part shall be used exclusively as consulting rooms and shall be accessible from the outside without necessitating that the patient enter such part through the residence.
- 8.3 For the purpose of regulation, 'residence' shall mean any dwelling, flat, room, suite or set of rooms used by the practitioner, her family or other person for residential purposes.

#### **9. Name for private practice**

- 9.1 The following regulations should be adhered to :-
- 9.1.1 The member **may** use as a name for a practice the name of the practitioner or where practitioners practice in partnership or as a juristic person, the names of such practitioners.
- 9.1.2 The member use the expression "hospital" or "medical clinic" or any other special term in a way that could create the perception that such a practice forms a part of, or is in association with, a medical hospital, medical clinic or similar institution.
- 9.1.3 The following may be used for example "CranioSacral Therapy Clinic".

10. **Laws/By-Laws**

10.1 The .....NHSSA and Regulations in the Act as well as local bylaws should be adhered to.

11. **Publicity**

11.1 A member shall not seek to attract business unfairly or unprofessionally or in any way which would discredit the reputation of CranioSacral Therapy and members of the Association .

11.2 A member may not write an article or give a press release or do any media interview regarding a **patient** without the **permission of the patient**. The information should also be accurate and discreet.