

THE CONSTITUTION OF THE BRITISH REBIRTH SOCIETY 2011



CORE STATEMENT

The British Rebirth Society is composed of people committed to using the breath consciously in their own lives.

The Society generates recommendations and supports effectiveness, professionalism, ethics, quality and integrity for breathworkers in order to facilitate positive change through working with the breath.

The Society provides support to all its members and opportunities for networking.

COMMITTEE

Function

The committee conducts the day-to-day business of the Society, presents recommendations to General Meetings and implements their decisions. It focuses the energy of the Society and presents the BRS to the public.

The committee drafts the agenda for the General Meetings and any items for the agenda need to be submitted to the Committee Meeting, held three weeks before the General Meeting.

The presenter of an item is expected to attend the General Meeting to have their issue discussed.

Composition

7 Officers:

Chairman/Chairwoman
General Secretary
Membership Secretary
Treasurer
Publicity Officer
Minute Taker
Meetings Convenor
1 Ordinary member

Other BRS members can be co-opted onto the committee for specific projects.

Length of Service

Officer: Minimum of 2 years, at the end of which stands down; after 2 years can serve for a further year at a time up to a maximum of four years in total.

Ordinary member: Minimum 1 year, maximum 2 years.

Duties of Officers

Each Member of Committee is expected to attend all Committee Meetings and all General Meetings or nominate another member to attend and report. Travel expenses can be reimbursed for all meetings attended except one General Meeting. Car sharing, where feasible, is encouraged in order to keep expenses to a minimum.

Recommendations and Suggestions

The Offices of Chairman and General Secretary are not to change over at the same time and the Committee is responsible for ensuring this does not happen.

A retiring officer is expected to declare his/her intention to retire at the meeting prior to the AGM and to arrange a handover period with their successor.

Retiring officers are expected to attend the Committee Meeting immediately following their retirement.

MEETINGS

The business of the BRS is carried out at General Meetings and Committee Meetings using the 2001 Consensus Procedure. (Details of this can be obtained from the Membership Secretary.)

Format

General Meetings

These are held quarterly in March, June, September and December in four geographically diverse locations.

Committee Meetings

These are held as and when deemed necessary by the current Committee.

Trainer Meetings

Trainer meetings are there specifically for those leading and facilitating Rebirther Trainings, Apprenticeship Programmes and allied workshops, and are also for those with an interest in doing any of the above.

Regional Support Groups

These are held in local areas. For further information on local co-ordinators contact the General Secretary.

CHANGES IN THE CONSTITUTION

Changes in the Constitution of the Society can only occur at the Annual General Meeting and the December General Meeting with the consensus of those present.

MEMBERSHIP

There are two Practitioner categories. These are Apprentice Practitioner and Practitioner. In addition there is a non Practitioner category which is Friend of the BRS

Practitioner Categories:

These members are professional Rebirthers abiding by the BRS Code of Ethics and Practice. They have undergone training as Rebirthers, are engaged in ongoing professional development and are insured as Practitioners.

Apprentice Practitioner: BRS Apprentice Practitioner Rebirthers are undergoing training with the guidance of a BRS Practitioner and are beginning to set up their Rebirthing practice.

Practitioner: BRS Practitioner Rebirthers are well-trained, competent Rebirthers who have been in practice for some time and have sufficient skill in Rebirthing to satisfy the BRS Practitioner requirements.

Non Practitioner Category:

Friends of the BRS: These members are not BRS Practitioners and as such, are not included in the BRS insurance scheme.

Anyone committed to consciously using the breath is welcome to join the society as a "Friend of the BRS". Their contribution and presence is valued at meetings and they are welcome to serve on the committee. They receive all minutes, agendas and newsletters.

Becoming a Member

All membership issues are dealt with by the Membership Secretary.

Becoming an Apprentice Practitioner

To become an Apprentice Practitioner it is necessary to satisfy the Apprentice Practitioner Prerequisites and to present oneself at a General Meeting.

Becoming a Practitioner

A candidate for Practitioner Membership is required to attend one General Meeting before making an application, and to announce the intention to apply. To make the application it is necessary to satisfy the Practitioner Prerequisites and to present oneself at a further Meeting where the Practitioner Application Consensus Procedure 2001 will be used. Full details of this procedure can be obtained from the Membership Secretary. A Practitioner application may take more than one presentation, and ongoing support is offered to the applicant during this process.

Requirements of Membership

All members are required to pay the annual subscription in order to continue membership.

Practitioner and Apprentice Practitioner members are required to comply with the Code of Ethics and Practice. Practitioner members are also required to comply with the Ongoing Requirements of Membership.

Leaving the Society

Leaving members are encouraged to attend a meeting and complete with the Society.

Change of Membership Status

A Practitioner member who ceases to practise as a Rebirther is encouraged to remain in the Society as a Friend of the BRS.

Lapsed Practitioner Members

Practitioners whose membership has lapsed for ten years or less may give a short re-presentation. This is an opportunity for interaction and reconnection with the Society. Practitioners whose membership has lapsed for longer than ten years will need to re-apply following the usual procedure for new applicants.

Honorary Members

These members are recognised for their contribution to the society and include the original founders of the BRS.

PREREQUISITES FOR PRACTITIONER MEMBERSHIP

(revised June 2010)

1. I have attended at least one full BRS meeting and announced my intention to apply for full practitioner membership.
2. I have participated in at least 400 hours of rebirther training. (This might include apprenticeship or up to 100 hours of another relevant training).
3. I have experienced a series of hot and cold water rebirthing sessions.
4. I have been rebirthed 10 times by the same Rebirther Practitioner.
5. I have sponsorship (in person) from a BRS Practitioner with whom I have exchanged at least one rebirthing session and who recommends my ability to use the breath as a healing tool for myself and others.
6. I can rebirth myself satisfactorily.
7. I have read the BRS Code of Ethics and Practice and agree to align my practice with these principles.
8. I have taken at least three paying clients through a series of ten rebirthing sessions outside the training environment.
9. I have two informative letters from clients giving feedback on their experience of me as their Rebirther.
10. My sponsor confirms that I have fulfilled the prerequisites.
11. I will attend a meeting to apply for practitioner status where I will say why I want to join the BRS and what I can offer.
12. I agree to be open to questions and concerns from the members present and to participate in the consensus process.

Note: The BRS Application Process acknowledges the importance of intuition in Rebirthing and uses this strength alongside the formal professional prerequisites. This reflects the spirit of the process and draws on the part of us that knows without explanation.

The BRS must receive your completed application form at least 7 weeks before the meeting at which you intend to apply for Practitioner status, with an application fee of £5 (non-refundable).

The current membership fee is payable upon acceptance by the Society. This reduces by 25% per quarter, depending upon the meeting at which you are accepted.

Applications and cheques (payable to The British Rebirth Society) should be sent to the current Membership Secretary)

PREREQUISITES FOR APPRENTICE PRACTITIONER MEMBERSHIP

1. I have received 10 rebirthing/ breathwork sessions with the same rebirther/ breathwork practitioner.
2. I have participated in a minimum of 100 hours rebirthing/ breathwork training or rebirthing/ breathwork workshops.
3. I have a solid grounding in the theory and practice of rebirthing/ breathwork.
4. I have facilitated 10 individual rebirthing sessions under supervision in a training or workshop environment.
5. I am actively engaged in an apprentice programme with a BRS sponsor.
6. I declare that I will honour the BRS Code of Ethics and Practice.
7. I agree to pay the annual apprenticeship fee when accepted as an apprentice.

Note: The fee is payable when you have been accepted by the society. This is reduced by 25% per quarter depending upon the meeting at which you are accepted. (Cheques are made payable to The British Rebirth Society and sent to the Membership secretary.)

THE APPRENTICE PROGRAMME includes:

1. Taking 3 paying clients through a series of 10 sessions.
2. A monthly supervision session with your sponsor.
3. A monthly rebirthing session with your sponsor.
4. Completing the required number of hours of training in rebirthing/ breathwork to apply for practitioner status.
5. Giving your sponsor a rebirthing session before presenting for practitioner status.
6. Having an intention to apply for practitioner status within one year of becoming an apprentice practitioner.
7. Setting up a professional practice.

These requirements are covered within a rebirthing / breathwork training when the sponsor is also the trainer. The form may vary.

It is the apprentice's responsibility to follow the Apprentice Programme.

Recommendations:

1. It is recommended that you continue in on-going training. This could mean participating on a rebirther/ breathworker training, a One Year Seminar or on weekend workshops.
2. It is recommended that you rebirth yourself regularly.
3. It is recommended that you rebirth with different practitioners to experience the different styles, flavours and genders.

BEING A SPONSOR

1. The sponsor is an experienced BRS practitioner.
2. The sponsor agrees to support and oversee the apprentice in fulfilling the requirements for the Apprentice Programme.
3. It is the sponsor's responsibility to inform the BRS if an apprentice is no longer fulfilling their commitment to the Apprentice Programme. This may result in the apprentice being taken off the register.
4. Sponsors are required to meet twice a year for peer supervision.
5. The sponsor agrees to fulfil their commitment as a sponsor.

CODE OF ETHICS

The purpose of the Code of Ethics is to ensure that members of the British Rebirth Society maintain the highest level of responsibility in their practice.

Ethical standards include such values as integrity, competence, confidentiality and responsibility.

1. Rebirthers never take on clients solely for financial gain.
2. When Rebirthers offer treatment without payment of a fee they work under the same professional obligation to the client as when a fee is paid.
3. Rebirthers consider that it is their responsibility as practitioners to monitor and maintain their own physical, mental, emotional and spiritual health to the best of their ability.
4. Rebirthers respect clients as autonomous human beings able to make their own decisions in the light of their own values and beliefs.
5. Rebirthers are committed to increasing their personal development and self-awareness.
6. Rebirthers are willing to make referrals to other practitioners as appropriate.
7. Rebirthers are responsible for ensuring that the satisfaction of their own emotional needs is not dependent upon relationships with their clients.
8. Rebirthers must take all reasonable steps to ensure client safety.

CODE OF PRACTICE

The Code of Practice is a way of informing the public of what they can expect from a member of the BRS. It describes the boundaries between personal and professional relationships.

1. Rebirthers inform clients as appropriate about their relevant training and experience.
2. Rebirthers clarify with clients the number and duration of sessions, fees and method of payment in advance.
3. Clients will be informed that they have a right to say "no" at any time to anything proposed or undertaken by their Rebirther.
4. Rebirthers have a responsibility to establish whether their clients are currently receiving medical, psychiatric or other treatment and will gain the client's permission before consulting the other professional(s) concerned.
5. The rebirthing relationship is by nature confidential. No confidential information will be revealed about the client without his or her permission, except to those people on whom the Rebirthers rely for professional support and supervision.
6. Rebirthers always retain the right not to work with any individual if they so choose.
7. Rebirthers maintain a distinct boundary between a professional working relationship within sessions and any other relationship with a client.
8. Rebirthers consider the use of their professional relationship with a client to establish any kind of sexual contact with them to be highly unethical. This applies both within and without the therapeutic session. Sexual activity with or sexual advances towards a client during any therapeutic session would always be considered unethical.

COMPLAINTS PROCEDURE

1. The complaints procedure is initiated when a written complaint is lodged against a BRS Practitioner, involving an alleged breach of the Code of Practice, is received by the Membership Secretary. Any complaint must be brought within three months of the alleged breach.
2. The Membership Secretary or delegate contacts those involved to arrange a meeting. At this point the Complainant, the Rebirther and intermediary (the Membership Secretary or delegate) meet with a view to clarifying and resolving the issues.
3. The Complainant may specify the gender of the mediator, who must be a Committee member.
4. If there is no resolution the Complainant may request further action. Both parties will be encouraged to have a rebirth with an impartial BRS Rebirther.
5. If the complaint has not been resolved it will then be dealt with by a Complaints Committee comprising 3 members of the BRS Committee. The Complainant and the Rebirther will be invited to the meeting and each may bring another BRS member to support them if they so choose.
6. At the Complaints Committee a unanimous consensus of those present will be required, ideally including the Complainant, to resolve the complaint. Where full consensus is not reached a unanimous decision of the Committee will be required. This decision is final.

Redress for the Complainant

1. No financial redress will be offered by the BRS.
2. Help in the form of counselling or therapy may be offered at the discretion of the Society.

Redress for the Rebirther

1. The Rebirther will be expected to obtain help and support in tackling the issues that caused the incident.
2. Penalty or sanction may be imposed on the Rebirther. Possible sanction could take the form of
 - a. loss of status
 - b. loss of membership

The Rebirther may apply for Apprenticeship of the BRS at a future date if loss of membership is incurred and thereby become part of the Society as a new process. The responsibility is with the applicant to provide evidence to satisfy the Committee that the issue has been completely resolved prior to applying for Apprenticeship with the BRS.

N.B. If a complaint is received by the Membership Secretary against a BRS member which does not breach the Society's Code of Practice, the Membership Secretary will encourage the Complainant to resolve the issue either with the BRS member involved or with another BRS Rebirther, whichever is more appropriate.

In the event of two or more complaints being received against a BRS member, which do not breach the Society's Code of Practice, the member will be expected to commit to having at least 5 rebirths with an "independent" BRS Rebirther, i.e. someone outside the immediate community of the BRS member against whom the complaints were made.