

# THE CONSTITUTION OF THE BRITISH REBIRTH SOCIETY 2019



The breath is at the heart of the BRS

## OUR VISION

A conscious world

## OUR MISSION

To support Rebirthing Breathworkers in their personal  
and professional development and success.

To bring the power of conscious breathing into wider recognition and practice.

## BRS Map of Administration, Business, and Members' Interests

A team of Officers and an Administrator conducts the day-to-day business of the BRS (*see Map*).

The Hub holds the overview, energy and thread of action for the areas of members' interests (*see Map*).

The Hub presents recommendations, and reports back to General Meetings. They focus the energy of the Society.

All BRS members can offer proposals for change at either of the two General Meetings. The presenter of an item on the agenda is expected to attend the meeting at which their proposal is being presented.

Items for the agenda need to be submitted to the Chair no less than three weeks before a General Meeting. The Chair drafts the agenda for the General Meetings with support from the Officers, Administrator and Hub members.

## MEMBERSHIP ADMINISTRATION (also known as Secretary with reference to the bank)

### Membership Administrator:

The Membership Administrator is responsible for the following:

General Enquiries, Membership Enquiries, Annual Membership Renewal, Website Maintenance and Email Accounts, & Sending out Annual Certificates.

There *[will be]* a detailed job description provided and a written agreement for this post.

### Officers:

Treasurer

Publicity Officer (BRS face to the public and the media)

Website Manager (management and development)

Chair (for the General Meetings)

Minute Taker (for the General Meetings)

### Hub:

This is a group of self-elected BRS members who hold the energy and thread of action for the areas of interest shown on the map. They maintain an overview of the BRS as well as being a support for the officers and membership administrator.



## The Breath is at the heart of the BRS

Our Vision is: A CONSCIOUS WORLD

Our Mission is: To support Rebirthing Breathworkers in their personal and professional development and success

To bring the power of conscious breathing into wider recognition and practice

### Members Interests

As equal participating members we are free to initiate action to further our mission in the following areas

#### **Education (all members)**

Annual workshop free for members (sponsored by BRS) where members share their practice and areas of interest

#### **Breathing Groups**

Conscious Breath workshops  
Breathwork trainings  
Mentoring and supervision on BRS apprentice programme

Practitioner on-going learning and development of skills  
Practitioner and peer supervision

#### **Publicity (all members)**

Through relationships networking, trade fairs speaking engagements conferences, media articles and personal advertising

#### **Research (all members)**

Research Projects Networking with organisations Publicising research

#### **Website (all members)**

Maintaining website profiles  
On-line networking

#### **Quality (all members)**

Professionalism  
Integrity

#### **Members Support and Resource (all members)**

Regional support groups called for by members in their area for sharing ideas, working on projects, peer supervision, breathing together, etc.

#### **Summer Retreat**

Where members come together to network, share practice and offer workshops.

### Every day running of BRS

#### **Hub**

Self-chosen members who hold the energy and thread of action and overview of the organisation and who provide support for the administrator and officers.

#### **Administrator (job includes)**

Membership enquiries,  
Renewals, General enquiries

#### **Officers**

Treasurer, Publicity Officer (BRS face to the public and media) Website Manager (management and development) Chair (for General Meetings) Minute Taker (for General Meetings)

## Length of Service:

Officers will hold their role for a minimum of 2 years, at which time they will either stand down or step forward to serve for a further year at a time.

## Officers' Attendance Requirement:

Chair, Minute Taker and Administrator are expected to attend the meetings. If unable to attend themselves, they need to nominate another member to stand in for them.

The BRS can, if requested, contribute to officers' travel expenses, to the meetings up to a maximum of £35 per meeting. Car sharing, where feasible, is encouraged in order to keep expenses to a minimum.

## Replacement of Officers:

For the sake of the smooth running of the BRS, it is recommended that officers are not all replaced at the same time, and it is the responsibility of all the teams to ensure this does not occur.

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

## Meetings

Business Meetings are held in the summer and winter. Constitutional changes may be made at both meetings. Dates are set at the summer meeting for the following year.

Regional Meetings are initiated and organised by members in local areas for the purpose of ongoing support and supervision.

Summer Retreats and Workshops are initiated and organised by members for the purpose of networking, sharing practice, and offering workshops to create ongoing development of their practice.

## Changes in the Constitution:

Changes in the Constitution of the Society can occur, with the consensus of those present, at the Summer Annual Review Meeting and at the Winter General Meeting.

# 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 Rebirther Breathworkers abiding by the BRS Code of Ethics and Practice. They have undergone training as Rebirther Breathworkers and are engaged in ongoing professional development and are insured as Practitioners.

### Apprentice Practitioner:

BRS Apprentice Practitioner Rebirther Breathworkers are undergoing training with the guidance of a BRS Practitioner and are beginning to set up their practice.

### Practitioner:

BRS Practitioner Rebirther Breathworkers are well-trained, competent practitioners who have been in practice for some time and have sufficient skill in Rebirthing Breathwork 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”. As Friends, they are not entitled to a vote, however, their contribution and presence is welcomed and valued at meetings. They receive all minutes, agendas and newsletters.

## Becoming a Member

All membership issues are dealt with by the BRS Membership Administrator.

### Becoming an Apprentice Practitioner:

A candidate for Apprentice Practitioner Membership is required to:

- fulfil the Apprentice Practitioner Prerequisites
- complete the Application Form for BRS Apprenticeship
- pay the requisite subscription and insurance fee.

## Becoming a Practitioner:

A candidate for Practitioner Membership is required to:

- fulfil the Practitioner Prerequisites (with Trainer or Sponsor's signature to confirm it)
- complete the Application Form for BRS Practitioner Membership
- pay the requisite subscription and insurance fee.
- attend a BRS meeting to present himself/herself, be welcomed into the society and have the opportunity to seek a mentor amongst the more experienced practitioners to support him/her into this new career.

## Requirements of Membership:

All members are required to pay the annual BRS subscription as well as their insurance fees in order to continue their membership.

Practitioner and Apprentice Practitioner members who haven't renewed both their subscription and insurance by the due date are no longer recognised as members of the BRS and their insurance will no longer valid. Their names are removed from the BRS website until both renewals are duly completed. There will be a four month period past the 1<sup>st</sup> April renewal date, to allow for members to submit the relevant paperwork to continue their 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.

## Change of Membership Status:

A Practitioner member who ceases to practice as a Rebirther Breathworker is welcome to remain in the Society as a Friend of the BRS.

## Lapsed Practitioner Members:

Practitioners whose membership has lapsed can re-join the Society at any time by

- informing the Membership Administrator and paying the requisite subscription and insurance fees
- attending a General Meeting as an opportunity for interaction and reconnection with the Society

## Honorary Members:

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

## PREREQUISITES FOR PRACTITIONER MEMBERSHIP

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 Rebirthing Breathwork 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 Breathwork sessions.
4. I have received ten sessions by the same Rebirthing Breathwork Practitioner.
5. I have sponsorship (in person) from a BRS Practitioner with whom I have exchanged at least one Rebirthing Breathwork 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 Breathwork sessions outside the training environment.
9. I have two informative letters from clients giving feedback on their experience of me as their Practitioner.
10. My Sponsor confirms that I have fulfilled the prerequisites.
11. I will attend a general meeting to introduce myself as a Practitioner.

Note: The BRS must receive your completed application form, with an application fee of £5 (non-refundable) one month before the meeting at which you intend to introduce yourself as a Practitioner.

The current membership fee is payable upon joining the Society. This reduces by 25% per quarter, depending upon the month at which you join.

Applications should be sent to the current Membership Administrator along with a bank transfer for the fees.

## PREREQUISITES FOR APPRENTICE PRACTITIONER MEMBERSHIP

1. I have received ten Rebirthing Breathwork sessions with the same Practitioner.
2. I have participated in a minimum of 100 hours Rebirthing Breathwork training / workshops.
3. I have a solid grounding in the theory and practice of Rebirthing Breathwork.
4. I have facilitated ten individual Rebirthing Breathwork 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:** Send your completed application form with subscription fee and copy of your insurance to the BRS Membership Administrator.

### THE APPRENTICE PROGRAMME includes:

1. Taking three paying clients through a series of ten sessions.
2. Regular supervision sessions with your sponsor.
3. A monthly Rebirthing Breathwork session with your sponsor or chosen practitioner.
4. To be actively participating in training in Rebirthing Breathwork.
5. Having an intention to apply for practitioner status within one year of becoming an apprentice practitioner.
6. Setting up a professional practice.

These requirements are covered within a Rebirthing Breathwork training - the trainer is equivalent to being a sponsor.

It is the apprentice's responsibility to be fulfilling the Apprentice Programme.

### Recommendations:

1. It is recommended that you continue in on-going training. This could mean participating on a Rebirthing Breathwork training, a One Year Seminar or on weekend workshops.
2. It is recommended that you give yourself Rebirthing Breathwork sessions regularly.
3. It is recommended that you have sessions with different practitioners to experience the different styles, flavours and genders.
4. It is recommended that you use the BRS logbook to keep a record of your training.

## 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, and encourage use of the BRS Logbook.



## 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. Practitioners and Apprentice Practitioners never take on clients solely for financial gain.
2. When Practitioners and Apprentice Practitioners offer treatment without payment of a fee they work under the same professional obligation to the client as when a fee is paid.
3. Practitioners and Apprentice Practitioners 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. Practitioners and Apprentice Practitioners respect clients as autonomous human beings able to make their own decisions in the light of their own values and beliefs.
5. Practitioners and Apprentice Practitioners are committed to increasing their personal development and self-awareness.
6. Practitioners and Apprentice Practitioners are willing to make referrals to other practitioners as appropriate.
7. Practitioners and Apprentice Practitioners are responsible for ensuring that the satisfaction of their own emotional needs is not dependent upon relationships with their clients.
8. Practitioners and Apprentice Practitioners 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. Practitioners and Apprentice Practitioners inform clients as appropriate about their relevant training and experience.
2. Practitioners and Apprentice Practitioners 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 Practitioner and Apprentice Practitioner.
4. Practitioners and Apprentice Practitioners 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 Practitioners / Apprentice Practitioner and client 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 Practitioner and Apprentice Practitioner rely for professional support and supervision.
6. Practitioners and Apprentice Practitioners always retain the right not to work with any individual if they so choose.
7. Practitioners and Apprentice Practitioners maintain a distinct boundary between a professional working relationship within sessions and any other relationship with a client.
8. Practitioners and Apprentice Practitioners 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 Administrator. 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 Administrator 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 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.