THE MACROBIOTIC ASSOCIATION

Code of Conduct and Ethics

Guidelines for Macrobiotic Practitioners, Students and Teachers

The aim of these guidelines is to promote the highest standard of practice in Macrobiotics throughout the world, for the protection and safety of clients, students and professionals.

There are different approaches within Macrobiotics and these guidelines can be adapted to each country or institution, so long as the aim is safeguarded for the benefit of everyone as a professional and for Macrobiotics as a way of life and body of knowledge.

Studies and experience

1. Acknowledge any limitations in studies, experience or competence, and decline to work with anyone unless you are able to do so in a safe and professional manner.
2. Maintain and improve skills and competence by on going studies and participating or promoting peer group discussions. Always take the time and opportunity to reflect on your work and receive feedback from someone more experienced.

Self-conduct and co-operation

3. Always act in such a manner as to respect everyone, promoting and safeguarding their best interest and well being, and in a compassionate and supportive manner.
4. Ensure that consultations, teaching and cooking are carried out in an appropriate, clean and safe environment.
5. Always communicate clearly with clients, students and colleagues, to agree on the hours required, the fees, cooking details, on going help, or any other instruction regarding the service to be given.
6. When you observe that a client could benefit from seeing another practitioner, within Macrobiotics, orthodox medicine or a different complementary discipline, be prepared to make this recommendation to your client, so they may go if they wish.
7. Work in a co-operative manner with colleagues, other professionals and the clients' family, recognising and respecting the contribution others make to the well being of the client.
8. Avoid any abuse of your privileged relationship with clients, students or colleagues at any time, nor enter into a sexual relationship under any circumstances until after the final appointment between you (while working as a consultant/coach/cook) and your client.
9. Avoid entering into any business, financial, commercial or other relationship with a client, to your advantage.

Legal framework and social equity

10. Give advice or undertake cooking only with the client's informed consent, and ensure the client understands the nature of the service they will be receiving. Use a clear disclaimer about what the client can expect from your services, for example: *"The nature of advice/class given here is educational, informative and intending to promote*

health. It is not medical advice or treatment, therefore if you want or require medical advice, please go to a qualified Medical Doctor".

11. Be aware not to cause any distress by seeming to make what could be taken as medical diagnoses.
12. Advise may be given on how to increase health through dietary and lifestyle changes without alleging to heal specific serious illness.
13. On the question of 'taking or ceasing to take' any prescribed medication, always have the client refer to the prescribing Doctor. It is important to council the client that it is never advised to cease taking medication suddenly as it can have strongly adverse effects.
14. Keep informed about and abide by the law in force in the country where you work with respect to commercial practices (providing services to third parties) – especially in what concerns working with children, with people with mental disorders and people with infectious diseases.
15. Ensure you have a civil liability insurance for your work activities that protects you and your business, as well as clients and students. If public liability or indemnity insurance cover is available in the country or countries where you practice, you must obtain this and renew it according to contract. If appropriate insurance cover is not available, you must agree to abide by the laws of the country or countries in which you practice.
16. At all times follow the principle of non-discrimination and avoid being judgemental about clients' or third parties individual choices.
17. Consider to be bound by professional confidentiality and take measures to keep clients' records confidential. Keep informed about personal data protection laws in force.
18. Whenever using your work to serve as testimony and/or to enforce credibility of Macrobiotics, nationally and internationally, always safeguard the privacy of your clients or students, according to the law in force of the country or countries in which you are working.

Advertising

19. Make no claims to curability. In your promotion material use published evidence that suggests benefits for health from a macrobiotic approach, for example for managing diabetes, reducing cholesterol, losing excess weight. In such cases references of the evidence need to be provided.
20. Makes no disrespectful comparisons to other professional members.
21. Be guided by this Code of Conduct and Ethics for any advertising you make, ask to have made, or others make on your behalf.

Code of Conduct for Teachers

1. Teachers have a duty of care for their students and are encouraged to take steps to ensure the physical, mental and emotional wellbeing of their students during their teaching.
2. To teach in a manner that encourages students to explore macrobiotics through positive encouragement rather than through fear, negativity or pessimism.
3. To respect each students journey in life and understand that each person may learn differently and have a variety of reasons for studying macrobiotics.
4. To respect students own boundaries and not interfere in their personal life unless the student has requested help or given permission.
5. Not to begin a romantic, sexual or business relationship during the course.
6. For the teacher to lead by example using macrobiotic principles, practice and philosophy.
7. To provide clear information on macrobiotic courses so students are fully informed before deciding to join a course.
8. To set out clear policies on payment and refunds.

9. For students to have a clear path to qualification and to have an appeals process for assessment results.
10. To encourage students to become professional members of the MA.
11. To make clear what personal help, tutorials or access to teachers outside the classes, is available and on what terms.
12. To be clear during the course as to what is the opinion of the teacher, based on evidence or research with references or accepted as part of macrobiotic teaching with references. To provide sources of information.
13. To keep personal information secure and respect the UK, EU or US Data Protection Acts or as appropriate for other countries.
14. To have a complaints procedure.

Discussed and approved in the IMC, Valencia, 31st October 2019, with later addition of Code for Teachers.