

Blue Rose Holistic Counselling Ethical Working Principles

The list below may not be totally inclusive, however, has been compiled to provide an overview of the guiding principals and approaches adopted during any work undertaken by Blue Rose Holistic Counselling with people, groups, places or land.

- 1) *All work to be carried out and use skills and knowledge for the betterment of the individual, the community and the land.*

I came to Shamanism after nearly 20 years studying and working in the development industry. My roles and my passion was about enabling and shaping development to have the least detrimental impact on the environment and maximise the ability for people to access the developments by more sustainable and less polluting modes of transport. Always seeking to work with the land and community as much as the system and circumstances allowed.

Following my own crisis point in my life, my Shamanic Teacher made her presence known, first to enable my healing, then to teach. I undertook a 3 year Shamanic Apprenticeship with Jan Hannant of Shamanspath. Throughout my training it was always made clear that either the latent skills we already had or new ones we were taught and developed were always to be used only for the betterment of the individual, the community and/or the land. With regard the individual, to enable them gain personal insight, to receive healing through the release of past trauma and negative ties, to gain insight from their experience and their own soul energy and renewed energy. Practical tools of breath work, journeying, natural cycles and chinese 5 elements to bring and facilitate healing for the individual or land. We were given a sound guidance in respecting the land, personal space, natural rhythms, to live in harmony with the land and thereby support the community. In my work today I continue to hold to these principles to the best of my ability.

- 2) *Non-Biased and inclusive of faiths, beliefs and ethnic background.*

For me Shamanism is not a religion but a spiritual way of life. I am non-biased in my religious beliefs and therefore work without prejudice with people from all belief systems and ethnic backgrounds. I have worked, lived and shared accommodation with people from all kinds of backgrounds, ethnicity and beliefs. I am grateful to those times and people, as they broadened and deepened my view of life and cultures. I have also seen and experienced that we can find ourselves in situations and conditions that we never imagined and the effects of them can be very diverse, from healing, expansive to destructive and crippling. When I work with someone, or a group or a place, I approach it with a "it just is" attitude. Seeking to understand why it is, how it can be shifted, healed identifying what no longer serves and is finished, so can be left behind. Always working with compassion and non-judgment. In every situation and every person there is some good and some bad and it is best to be open and honest about these things, while holding them with care and compassion.

I approach their situation or condition with compassion and understanding. What I don't understand I'll seek clarity. I'll be honest if I feel I am not best placed to treat them and will make recommendations where I can, where they might find the help they need.

- 3) *To strive to source and use goods that are produced without the exploitation of other people, animals or the land.*

Before my path as a Shamanic Healer, I worked in the development industry, luckily at a time when Sustainability and embedding sustainability into policy and building practices was a key priority. The area I ended up working in was always about finding a balance between economic and social need while minimising the impact on the environment. This experience and time gave me a huge insight into the tensions, the priorities, opportunities and most of all the importance of shifting to a way of life and society that lives with the planet rather than just off it and on it. My shamanic journey has shown me how much of this story and choice actually sits within each of us and exploitation of people is just an extension of exploitation of the planet and vice versa.

I am fortunate enough to still live in the comforts of 21st Century living, however I always strive to source products from sustainable suppliers, to minimise my adverse impact on the planet. I am not perfect and I still use "normal stuff" I just am conscious about how much and when. Positive action has included buying organic where possible, I have been striving to sell NYR Organic products for a number of years and even if I don't make a sale personally, I continued to recommend them. For a number of years jointly launched and ran a community company to promote low carbon living. We also operated as a Growers Group, with our own allotment plot seeking to improve our local growing ability. Due to personal circumstances and funding, we now continue to operate as a group supporting and knowledge sharing about home growing and other sustainable issues. We are planning to provide annual talks or events which will be open to people beyond the group. Both at the allotment and in my garden we have not used pesticides, and rather had less yield and let the land have a break from chemicals as much as we can.

We recycle as much as we can either by gifting to charity or recycle bins as appropriate. Also purchase from the charity shops. I've also been involved in upcycling furniture for a homeless charity (Emmaus) shabby chic painted a few items as and when they had some appropriate things.

Any products sold or used through the work or operation of Pathwayfinder are either organic, handmade, recycled or to promote holistic health and wellbeing. Synthetic, chemical or polluting substances are avoided where possible and only occur where things are beyond my control; such as using a computer for communication, which is packed with electrical and petrochemical based gadgetry!

- 4) *Fees for work is always discussed and agreed in advance of an event, session or workshop.*

For 1 to 1 I charge £60 for 1hr and £90 2 hours.

Workshops do vary, prices are always agreed with the Venue and displayed on any promotional material before attendance. Short evening or lunch-time events have been around £15 per person. Half days events £45 per person. Day event £60 per person.

Space Clears due to their nature have to be priced on an individual basis but are usually upward of £100.

Some work is carried out for free, this depends on the need and calling. For example Charity Work or in special circumstances where there is a wider calling to do the work.

- 5) *To maintain client confidentiality, unless this is overruled by a child protection issue or vulnerable adult protection issue, in which case to report all suspected such cases to the relevant authority*

To clarify consultations are carried out confidentiality with clients. In practice this means not divulging personal details outside of the session. Some of the issues might be spoken about in their broadest sense if appropriate at some stage but not linked directly to the client or the confidential session to respect the person's privacy and confidentiality. Any groups that I run I ask for the same consideration by the participants, to respect the privacy or needs of their fellow participants.

During a personal session doctors details are requested on the consultation forms. If at the time of consultation the client was clearly in need of medical assistance and had not been in touch with their doctor I would advise it or in extreme emergency would contact them myself. However I have not had any situation where the person has either arrived or left the session where this has been necessary, they have either already been in contact with their doctors or have had necessary care arrangements in place and have all left in a coherent state. Unless there are follow up sessions booked or instigated by the client, I do not continue to check on their progress and it would be inappropriate for me to do so or continue to contact them beyond normal social networking contact.

If someone is clearly vulnerable and in a dangerous situation due to violence or abuse the appropriate authorities would need to be notified, particularly if they are under age.

- 6) *To not knowingly work with an individual under the age of 18 years without the prior permission of their parent or legal guardian.*

If am to work with a child I request that the parent or legal guardian is present and certainly require written permission to undertake a therapy session with the child. Generally I do not work with children.

- 7) *Work is not carried out on an individual without their informed consent.*

However due to the nature of the work – energy healing, other individuals may receive benefits through generic healing or prayer, however, this will always been in accordance with the principal of overall good and betterment for person, land or community. (See part 1).

8) *To refer any client to a qualified health professional when appropriate.*

If it becomes clear that some conditions or stages in the healing process other health assistance is needed I do recommend and refer clients on to a qualified health professional. Providing the client presents well at the end of the session I do not interfere with the process beyond that stage. (Please also refer to section 5).