

Code of Ethics for Mindful Passions International LLC

At Mindful Passions International, our commitment to your well-being, growth, and privacy is paramount. This Code of Ethics outlines the core principles and professional standards that guide every Mindful Passions coach, ensuring a safe, respectful, and effective coaching environment for all clients. Our practices are founded on ethical guidelines from leading professional organizations in coaching, health, and wellness.

1. Client-Centered Care and Professionalism

We prioritize your well-being, dignity, and autonomy. Our coaches are committed to professionalism and integrity in all interactions.

- **Confidentiality:** We maintain strict confidentiality regarding all client information, including personal details, relationship dynamics, and health concerns. Information is only shared with your explicit consent or if required by law.
- **Informed Consent:** We clearly communicate the nature, scope, and limitations of the coaching relationship. We obtain your informed consent before discussing sensitive topics such as cannabis use, sexuality, or mental health.
- **Non-Discrimination:** All clients are treated with respect and dignity, regardless of age, gender, sexual orientation, race, cultural background, or relationship style. We foster an inclusive environment that supports diverse identities and experiences.
- **Conflict of Interest:** Any potential conflicts of interest, such as prior personal or professional relationships with clients, are disclosed and managed appropriately.
- **Honesty and Transparency:** We are truthful in all professional communications and avoid misrepresenting credentials, expertise, or the outcomes clients can expect from our services.

2. Health and Wellness Standards

Our coaching services operate within a defined scope of practice, utilizing evidence-based techniques to support your health and wellness journey.

- **Scope of Practice:** Coaches provide services within the scope defined by relevant certifications and legal regulations. We do not diagnose, treat, or prescribe medical or psychological conditions.
- **Evidence-Based Practice:** We utilize evidence-based techniques and practices in health and wellness coaching. You will receive accurate, up-to-date information, particularly in areas like cannabis wellness and dietary supplements.
- **Legal Compliance with Cannabis:** Mindful Passions adheres to all local, state, and federal laws regarding the use and discussion of cannabis. We refrain from making unsupported medical claims about cannabis and ensure clients are informed about safe and legal use.
- **Client Safety and Referrals:** Your safety is always a priority. If your needs exceed a coach's expertise or scope, appropriate referrals to qualified health professionals will be provided. When appropriate, we collaborate with other healthcare professionals to provide the best possible care, always respecting client consent and confidentiality.

3. Relational and Sexual Health

We approach discussions on relational and sexual health with the utmost respect for your autonomy and choices.

- **Consent and Autonomy:** We respect client autonomy in all discussions related to relational and sexual health. Informed consent is obtained before exploring topics related to non-monogamy, kink, or sexual practices.
- **Boundary Management:** Clear professional boundaries are maintained when addressing sensitive topics. Coaches avoid any behavior that could be perceived as coercive, inappropriate, or manipulative.
- **Cultural Sensitivity:** We demonstrate cultural competency and sensitivity when working with clients from diverse backgrounds and relationship

styles. Consensual behaviors such as ethical non-monogamy or kink are not pathologized or stigmatized.

- **Sexual Harassment and Misconduct:** Any form of sexual harassment or misconduct is strictly prohibited. Coaches must not engage in any sexual or romantic interactions with current clients or exploit the coaching relationship for personal gain.

4. Mental Health and Emotional Well-Being

Our coaches are trained to recognize signs of emotional or psychological distress and provide appropriate support.

- **Recognize Signs of Distress:** Coaches are trained to recognize signs of emotional or psychological distress. We provide support and resources, and refer to mental health professionals when appropriate.
- **Trauma-Aware Practice:** Sensitive topics, especially those involving past trauma, are approached with care and respect. We avoid re-traumatization by using trauma-aware techniques and respecting your boundaries.
- **Support and Resources:** We offer empathetic support and provide information on mental health resources, support groups, and crisis intervention services as needed.

5. Continuous Professional Development

Our commitment to providing the highest quality coaching services is upheld through continuous learning and professional growth.

- **Ongoing Education:** Mindful Passions coaches engage in regular training and professional development to stay current with industry standards, ethical guidelines, and best practices in coaching, health, and wellness.
- **Supervision and Peer Support:** Coaches participate in supervision and peer support networks to enhance professional practice, receive feedback, and manage the challenges of coaching work.
- **Reflective Practice:** We engage in self-reflection and seek feedback to continuously improve the quality of our coaching services and address any personal biases or blind spots.

Our Ethical Foundations

Mindful Passions International's Code of Conduct is founded on the ethical principles established by the following organizations:

1. Coaching Standards

- a. **International Coach Federation (ICF) Code of Ethics:**
Emphasizes client confidentiality, conflict of interest management, professionalism, and the need for ongoing professional development to maintain coaching competency and ethical standards. Coaches are expected to undergo regular training and self-reflection to improve their practice continually. [Complete guidelines are available here.](#)
- b. **Association for Coaching (AC) Global Code of Ethics:** This code provides comprehensive ethical guidelines for coaching, mentoring, supervision, and continuous learning. Coaches should regularly update their skills and knowledge through formal training and peer support. [Details can be found here.](#)

2. Health and Wellness Regulations

- a. **National Board for Health & Wellness Coaching (NBHWC) Guidelines:** Outlines standards for evidence-based practice and professional integrity in wellness coaching. Requires ongoing education as part of maintaining certification. Coaches must participate in approved continuing education programs to stay current with evidence-based practices and health regulations. [Full guidelines are accessible here.](#)
- b. **Legal Compliance with Cannabis Regulations:** Mindful Passions complies with all relevant cannabis laws. For more information on cannabis regulations, consult local and state government resources or [visit the NORML website.](#)

3. Relational and Sexual Health

- a. **American Association of Sexuality Educators, Counselors, and Therapists (AASECT) Code of Ethics:** Focuses on consent,

boundary management, and cultural sensitivity in discussions about sexuality. [Detailed guidelines are available here.](#)

- b. **Ethical Non-Monogamy and Kink-Aware Guidelines:** Based on best practices in supporting non-traditional relationship structures, emphasizing consent and non-pathologization. Refer to resources such as the [National Coalition for Sexual Freedom](#) for more information.

4. Client Safety and Mental Well-Being

- a. **Mental Health First Aid (MHFA) Guidelines:** Provides strategies for recognizing and responding to mental health issues. Promotes ongoing training in mental health awareness and crisis intervention. Practitioners should regularly update their knowledge and skills to support clients facing mental health challenges effectively. [Information can be found here.](#)

5. Holistic Health and Practice

International Practitioners of Holistic Medicine (IPHM) Code of Ethics: Mindful Passions International is committed to upholding the IPHM's standards, which include promoting client well-being, practicing within the limits of one's competence, and maintaining integrity in all holistic practices. This includes:

- a. **Client-Centered Care:** Always prioritize the well-being, dignity, and autonomy of clients. Engage in practices that support holistic health, respecting the individual's personal, cultural, and spiritual beliefs.
- b. **Competency and Integrity:** Encourages practitioners to engage in continuous professional development to ensure they provide the highest quality holistic care. This includes participating in workshops, courses, and training relevant to their area of practice. Commit to continuous professional development and only offer services within areas of verified expertise. Maintain honesty in all promotional activities and representations of qualifications.
- c. **Informed Consent:** Ensure clients are fully informed about the nature, scope, and limitations of holistic services offered. Obtain

written consent when necessary, especially for services that may involve physical contact or alternative health approaches.

- d. **Client Confidentiality:** Maintain strict confidentiality of all client information and records in line with IPHM standards and applicable legal requirements.

For full details on IPHM standards, [refer to their Code of Ethics](#).