

Seattle Hakomi Education Network



Ethics Code

The Seattle Hakomi Educational Network (SHEN) has come to the realization that the powerful experiences within Hakomi workshops, trainings, practice groups and therapeutic sessions can lead participants to create assumptions regarding the potential direction of a given relationship. Hakomi does encourage comforting and the practice of loving presence which could be misunderstood as a precursor or invitation to intimacy or sexual contact. In addition, participants may actually experience deeper intimacy during some of the exercises in the workshops and trainings than they regularly have in other primary relationships which can lead to confusion in this area. Moving forward in the direction of romantic or sexual contact is likely to have negative consequences for the individuals involved and for the group learning environment as a whole.

The Seattle Hakomi Educational Network members are united in their agreement that no romantic, erotic or sexual contact or involvement occur between Faculty and Assistants, between Faculty and Participants or between Assistants and Participants (where it has not already been in existence prior to the workshop or training). This agreement extends for the duration of the workshop(s) or training and is recommended to remain in place for a period of six months after the cessation of attendance at workshops, trainings, practice groups or therapeutic sessions. In addition, we strongly recommend that Participants refrain from forming romantic relationships with each other during the training period.

It is imperative that those teaching and assisting at workshops and trainings, etc. are clear about these boundaries as the student/teacher, assistant/student power differential may leave participants confused about what may be considered a teaching or what is actually inappropriate conduct. Should any faculty member or assistant fail to maintain these agreements and boundaries, SHEN would be bound by this document to terminate that person's current responsibilities and standing with the SHEN organization.

Should Faculty, Assistants or Participants become confused in regard to these agreements and boundaries, we recommend these steps.

- 1) should a participant become confused on these issues they are encouraged to either:
 - a) clearly state their confusion to the group and/or ask that the exercise or session be terminated until they are able to clarify their concerns.
 - b) approach the faculty member they feel most comfortable with and discuss it with them.
 - c) ask a faculty member for a mediated session with the person they're feeling confused about in order to resolve the situation within the guidelines of the code of ethics.

- 2) should an assistant become confused on these issues they are responsible for:
 - a) gracefully (if possible) removing him/herself from the situation that is causing their confusion until they are able to gain clarity.
 - b) discussing the situation with a faculty member.
 - c) working with a faculty member to gain clarity about how to resolve the situation within the guidelines of the code of ethics.

- 3) should a faculty member become confused on these issues they are responsible for:
 - a) gracefully (if possible) removing him/herself from the situation that is causing their confusion until they are able to gain clarity.
 - b) discussing the situation with another faculty member.
 - c) working with another faculty member to gain clarity about how to resolve the situation within the guidelines of the code of ethics.

Participant's Name (printed) _____

Signed _____

Date _____