



## **European Association of Music and Imagery (EAMI)**

### **Code of Ethics**

Revised September 20, 2023

This Code of Ethics of the European Association of Music and Imagery (EAMI) is based on the Ethical Code of the European Music Therapy Confederation (EMTC)<sup>1</sup> and is in accordance with European General Data Protection Regulations (GDPR).

<https://gdpr.eu/what-is-gdpr/>

<https://ico.org.uk/for-organisations/guide-to-data-protection/guide-to-the-general-data-protection-regulation-gdpr/>

#### **Introduction**

GIM is an umbrella term for a spectrum of methods including The Bonny Method of Guided Imagery and Music and Music and Imagery adaptations and modifications. The spectrum includes short GIM, modified GIM and other individual and group Music and Imagery methods (MI).<sup>2</sup>

For the purposes of this document the term GIM will be used to encompass all Bonny Method of GIM and MI therapists, trainers, trainees, supervisors and methods.

**This Code of Ethics (EAMI) serves to protect clients against unethical practices and to guide GIM therapists, trainees and supervisors in their professional behaviors. Members of EAMI commit themselves to respecting this Code of Ethics, which is regularly adapted to the social and legal development of the GIM profession.**

Therapists and trainees who use GIM methods under supervision with clients should practice with social responsibility and in accordance with the legal frameworks within their own country and the EU and their national profession's code of conduct. They are responsible for their own professional and ethical conduct, the therapeutic task, as well as the people with whom they enter into a therapeutic relationship.

GIM holds the potential for exploring the human psyche and bringing forth material that can lead to personal transformation and wholeness on a profound level. Because of its potential GIM must be honored with the highest respect, particularly because it may involve expanded, non-ordinary states of consciousness, which invite clients to become vulnerable.

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<sup>1</sup> © EMTC Israel May 2000, revised June 2005.

<sup>2</sup> See 'The Spectrum of Practice' in the Training Standards of EAMI (July 2022)



Those persons trained in GIM must adhere to the highest ideals of integrity and responsibility when providing services to clients, training or teaching students, conducting research and presenting the method to professional colleagues and the public.

## **1. Scope**

1.1. The EAMI Code of Ethics complies with the EMTC Code of Ethics.

1.2. GIM therapists, trainers, trainees and supervisors must sign the acceptance and knowledge of this Code of Ethics to be associated with EAMI.

## **2. Goal**

2.1. The main objective of the Code of Ethics is to guide all trainee and accredited practitioner members in their professional behavior and to:

- a) protect clients, trainees and supervisees in training contexts from harm resulting from unethical behaviour by trainers and supervisors
- b) protect professional colleagues and members of the public from harm resulting from unethical behavior
- c) act with sincerity towards clients, trainees and supervisees
- d) ensure that the well-being of clients is a top priority in all circumstances
- e) respect the dignity and integrity of human beings

2.2. This Code of Ethics is regulated by principles common to all professionals: respect for the person, protection of human rights, sense of responsibility, honesty, sincerity with clients, prudence in the application of the treatment and its techniques, maintenance of professional competencies and development of skills in the application of the clinical intervention.

## **3. Duties**

3.1. GIM therapists, trainers, supervisors and trainees act according to the quality standards defined by the EAMI, which form the framework of their professional activity.

3.2. GIM therapists, trainers, supervisors and trainees fulfill the relevant legal and regulatory requirements, be they European or national.

3.3. GIM therapists, trainers, supervisors and trainees do not participate in any official or unofficial industrial action contrary to:

- a) protection of clients from harm resulting from unethical behavior
- b) ensuring that the well-being of clients is a top priority in all circumstances
- c) respect for the dignity and integrity of human beings



3.4. GIM therapists, trainers and supervisors update their professional competence in accordance with the Continuing Professional Development (CPD) guidelines. Each should be prepared to offer an account of their efforts at the request of the Board or the Ethics Committee.

#### **4. Obligations**

4.1. GIM therapists, trainers, supervisors and trainees must be aware of the dependency inherent in the therapeutic relationship. Under no circumstances, should they use the therapeutic relationship for their own personal interests, e.g. sexual, emotional, social, religious, economic or ideological.

4.2. GIM therapists should be aware of, and not exploit the vulnerability and suggestibility of persons in a non-ordinary state of consciousness.

4.3. GIM therapists and trainees work on the basis of an explicit agreement with the clients and/or their parents and/or their guardians. This agreement in form of a written/oral contract contains:

- a) extent and probable duration of the treatment
- b) fee (if any)
- c) confidentiality
- d) in the case of minors, the statutory limits of confidentiality laid down in the safeguarding guidelines within each institution and overarching national regulations

4.4. GIM therapists and trainees do not treat clients whose specific treatment needs exceed their level of competence. This relates to cases where the GIM therapists or trainees may be required to use techniques beyond their level of training or professional competence.

4.5. GIM therapists and trainees treat only referred clients who have visited the therapist of their own accord. All practitioners respect the clients' autonomy and personal decisions within the therapy process and do not make misleading claims about the likely outcome of therapy.

4.6. GIM therapists and trainees should not restrict the freedom of the client if the client wishes to move to another therapist after having processed the reason(s) for leaving.

4.7. GIM therapists and trainees shall not offer professional services to a person receiving therapy from another EAMI registered GIM therapist, except by agreement with that therapist, or after termination of the client's relationship with the respective therapist.

4.8. GIM therapists and trainees shall not knowingly, actively solicit or initiate therapy with a client who is already in therapy, without the expressed consent of the client's present therapist. If this comes to light during therapy, the therapist should address the best way forward with the client and consider contacting the therapist concerned.

4.9. GIM therapists and trainees should seek professional advice, supervision or support from the EAMI Ethics Committee if they perceive that health problems or personal issues might have a negative impact on their professional competence.



4.10. GIM supervisors supervising trainees are responsible for the mental and physical well-being and safety of supervisees and their clients during the therapy session.

4.11. GIM trainers are responsible for the well-being and safety of their trainees during training sessions.

## **5. Responsibilities**

5.1. The individual or group therapy of GIM trainees should not be performed by a person who is, or has been, associated with the theoretical instruction, supervision, or internship of that student.

5.2. GIM trainers or supervisors shall not delegate clinical responsibility to students or supervisees without adequate supervision.

5.3 GIM trainers or supervisors responsible for a GIM trainee/intern who hold serious concerns about the ethical behavior of a GIM trainee/intern, must inform that GIM trainee/intern and also the appropriate authorities.

5.4. Anyone who has serious concerns about the ethical behavior of a GIM trainer, supervisor or therapist must inform the appropriate authorities, maintaining strict confidentiality with respect to all personal data and private information, in accordance with EU General Data Protection Regulations (GDPR).

<https://gdpr.eu/what-is-gdpr/>

<https://ico.org.uk/for-organisations/guide-to-data-protection/guide-to-the-general-data-protection-regulation-gdpr/>

## **6. Confidentiality and privacy**

6.1. GIM trainers, supervisors, therapists and trainees must maintain strict confidence in the handling of all client/supervisee information, in accordance with the EU's General Data Protection Regulation (GDPR). Persons should be advised immediately of any breaches of or imminent danger of a breach of confidential materials.

This includes the safe management of online audio and audio/visual recordings and supervision materials.

Special cases:

- a) general information and data critical for the coordination of client treatment, may be made available to specific professionals involved, who are bounded by the same rules of confidentiality and data protection as the therapist
- b) information and data for educational purposes may be used with informed consent from the client/guardian



- c) unidentified information and data may be used for lectures, presentations, case studies, research projects and publications, with the informed consent from the client/guardian
- d) in the case of minors, in accordance with the statutory injunctions, a court order may be required to provide information and data relevant to the protection of the child
- e) in supervision professional confidentiality should be maintained

6.2 GIM trainers, supervisors, therapists and trainees should advise clients of the limits of confidentiality, for instance, waiving confidentiality when:

- a) there is imminent danger to the client or others, or
- b) the member and/or clinical information is subpoenaed by the judicial system

6.3 On the occasion of EAMI Board and committee members leaving office, it is the responsibility of each individual and the EAMI Board and committees to ensure that all data and shared passwords on personal devices are fully deleted.

## **7. Health and Safety Procedures for Online / Remote Working**

7.1. GIM therapists and trainees should risk assess the client's suitability for remote sessions.

7.2. Therapist and client should agree a procedure for maintaining contact should the internet connection be lost (for example, exchange mobile or land-line telephone numbers).

7.3. The therapist should gain consent and hold contact details for a named person who may be contacted during the online session if the client's health and safety is at risk (for example if the client becomes unwell, dissociates, cases of substance abuse or for any other emergency).

7.4. Maintaining privacy and confidentiality - both parties should inform each other and agree consent for another person to remain in the room, even if out of view during online sessions.

7.5. As with sessions in person, both parties should also agree consent for any audio-visual or sound recording of online sessions.

7.8. As with in person sessions, therapists should consider client comfort and preservation of the therapeutic space.

7.9. It is the responsibility of practitioners to ensure that they are using the most up to date and efficient data protection software, encryption and password mechanisms, as required by European General Data Protection Regulation (GDPR).

7.10. GIM therapists and trainees should be prepared to provide a privacy statement, available to all current and former clients, regarding all information, including online recordings, which is held about them.

7.11. GIM therapists and trainees should inform clients about how long they will save recordings for and when they might be permanently deleted.



## **8. Research**

8.1. Any GIM research that directly or indirectly involves clients, will maintain the legal framework of the research and obtain approval from the ethical committees and relevant authorities in the countries involved.

8.2. Intellectual property is respected. The contribution of collaborators shall be clearly acknowledged in any presentation or publication.

## **9. Professional Relations**

9.1. GIM therapists, trainers, trainees and supervisors shall strive for good and mutually supportive working relationships with colleagues.

9.2. GIM therapists, trainers, trainees and supervisors shall refrain from making public, any disparaging remarks about colleagues. In cases of conflict all parties shall seek a mutually acceptable solution and maintain a respectful and professional attitude.

9.3. GIM therapists, trainers, trainees and supervisors shall refrain from damaging the professional reputation or practice of others.

## **10. Equal opportunities**

10.1. Insofar as it lies within the GIM therapists', trainers', trainees' and supervisors' discretion, patients/clients shall have equal rights of access to assessment and treatment regardless of their race, religion, ethnicity, gender, sexual orientation, or any form of disability not relevant to the advisability or otherwise of treatment.

10.2. Insofar as it lies within the GIM therapists', trainers' and supervisors' discretion, candidates for training, prospective supervisees, applicants for professional EAMI recognition or research funding shall not be discriminated against on grounds of race, religion, ethnicity, gender, sexual orientation, or any form of disability which does not affect competence.



## **11. Instances of Ethical Violation**

11.1. The EAMI Board and Committees are committed to hearing and considering any reports of alleged violation of its Code of Ethics.

11.2. EAMI Board and Committees shall assess whether complaints about unethical conduct are within its powers to investigate. If this is the case, subjects of the complaint should be informed as soon as possible. Subjects are requested to offer an initial response within one month.

11.3. All parties involved are required to follow EAMI ethical guidelines as part of any attempt at mediation. It should be noted that EAMI as an association holds no formal legal jurisdiction or authority.

11.4. After consideration, if the situation is deemed not to be within EAMI powers to investigate, parties concerned should seek further advice from established ethical and grievance guidelines of statutory disciplinary bodies outside of the Association. Guidelines will differ according to existing jurisdiction pertaining to each EU region or country concerned.

## **12. Other provisions**

12.1. This Code of Ethics was approved by the Board of EAMI on 20 September 2023.

12.2. In accordance with the EAMI Constitution, section 8i, iv: "Committee members will remove themselves from a case where a conflict of interests has been or can be detected".

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