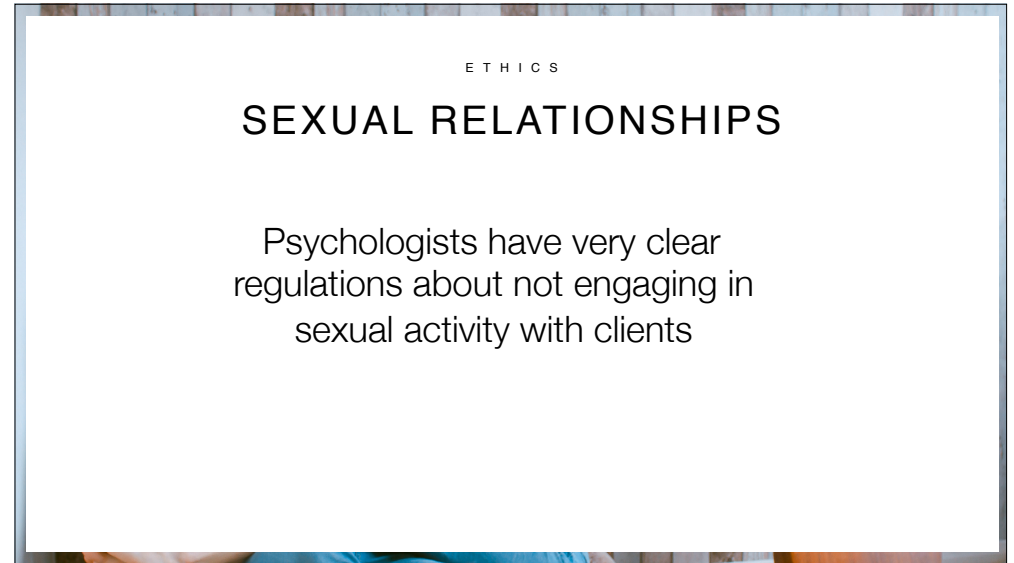




ETHICS

SEXUAL RELATIONSHIPS WITH STUDENTS

1

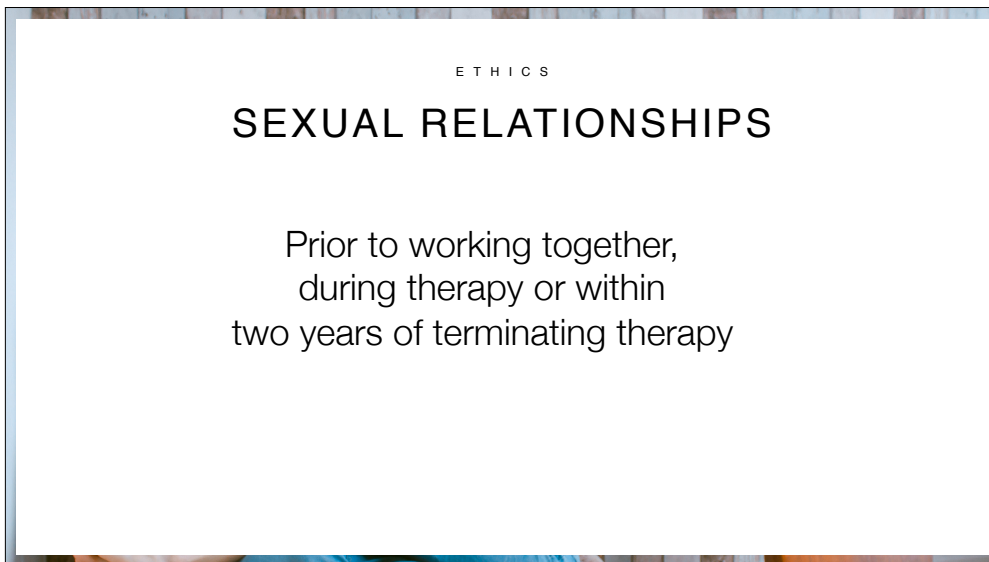


ETHICS

SEXUAL RELATIONSHIPS

Psychologists have very clear regulations about not engaging in sexual activity with clients

2



ETHICS

SEXUAL RELATIONSHIPS

Prior to working together, during therapy or within two years of terminating therapy

3



ETHICS

SEXUAL RELATIONSHIPS

Yoga Teachers are encouraged to conduct themselves in accordance with the yamas and niyamas, to date there are no clear ethical standards regarding sexual engagement with students

4

ETHICS

SEXUAL RELATIONSHIPS

To keep the student-teacher relationship safe, and to hold the teachings of yoga sacred, I recommend that Yoga Teachers do not engage in any sexual activities or relationships with their students

5

ETHICS

SEXUAL RELATIONSHIPS

It's not uncommon for a student to develop romantic feelings for a teacher and imagine that the teacher would be an ideal romantic partner or lover

6

ETHICS

SEXUAL RELATIONSHIPS

It is the responsibility of the teacher, not the student, to understand the intricate dynamics of the student-teacher relationship and to avoid engaging in sexual activities or romantic relationships

7

ETHICS

SEXUAL ATTRACTION TO A STUDENT



8

ETHICS

SEXUAL ATTRACTION

The sexual and relationship needs of the Yoga Teacher must be met outside of the teacher-student relationship

9

ETHICS

SEXUAL ATTRACTION

Feeling a sexual attraction to a student is normal, however it's your responsibility as the teacher not to act on it

10

ETHICS

SEXUAL ATTRACTION

If you experience sexual attraction to a student:
Noticing the attraction arising within you

11

ETHICS

SEXUAL ATTRACTION

If you experience sexual attraction to a student:
Spend some time after class enquiring into it

12

ETHICS

SEXUAL ATTRACTION

If you experience sexual attraction to a student:

Speak to your mentor or an
experienced peer about it

13

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

How do I experience this in my body?

14

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

What thoughts and emotions
are present?

15

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

What actions or urges are arising?

16

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

What is it about this student
am I attracted to?

17

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

If I acted on this attraction,
what needs of mine would be met?

18

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

How else could I meet these needs
(either by myself or with another)?

19

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:

If I acted on this attraction, what could
the pitfalls be, both for myself and
the student?

20

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:
What is in the best interest of
the student?

21

ETHICS

SEXUAL ATTRACTION

Your enquiry might include:
If a friend was in a similar situation,
what advice would I give them?

22

ETHICS

SEXUAL ATTRACTION

If the attraction continues, consider ending
the student-teacher relationship with the
student, so the student can continue to
practice yoga without the interference of
your attraction

23

ETHICS

SEXUAL ATTRACTION

If the attraction continues and is mutual
consider having an open conversation with
your student about your feelings and about
the ethical dilemma of sexual relationships
with students. It may be necessary to end
the student-teacher relationship.

24

ETHICS

SEXUAL ATTRACTION

Under no circumstances should a Yoga Teacher be in a sexual or romantic relationship while the student-teacher relationship is still current

25

ETHICS

SEXUAL RELATIONSHIPS WITH FORMER STUDENTS



26

ETHICS

SEXUAL RELATIONSHIPS

The APS mandates no sexual relationships for two years after the professional relationship has been terminated

27

ETHICS

SEXUAL RELATIONSHIPS

And then only after discussion with a senior Psychologist to ascertain if the former client is at risk

28

SEXUAL RELATIONSHIPS

If you wish to initiate a romantic relationship with a former student, it's important to be transparent and open about the possibility of the relationship

29

SEXUAL ATTRACTION

Before starting a relationship with a former student:

Speak to a mentor about the relationship to discuss the attraction and ascertain if the student is vulnerable or at risk of exploitation

30

SEXUAL ATTRACTION

Before starting a relationship with a former student:

Encourage the student speak to an independent counsellor

31

SEXUAL ATTRACTION

Before starting a relationship with a former student:

Attend relationship counselling together

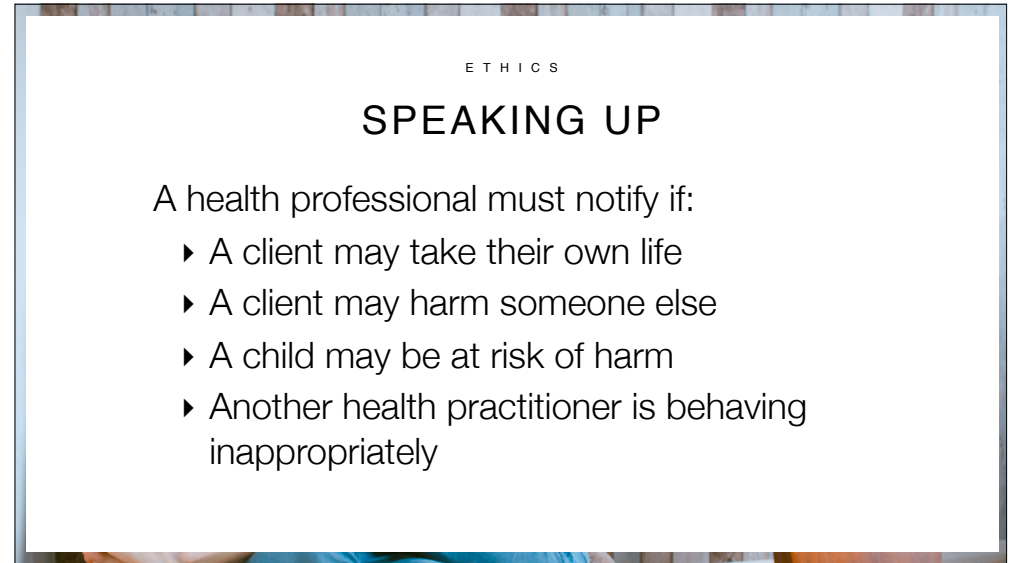
32



ETHICS

SPEAKING UP

33

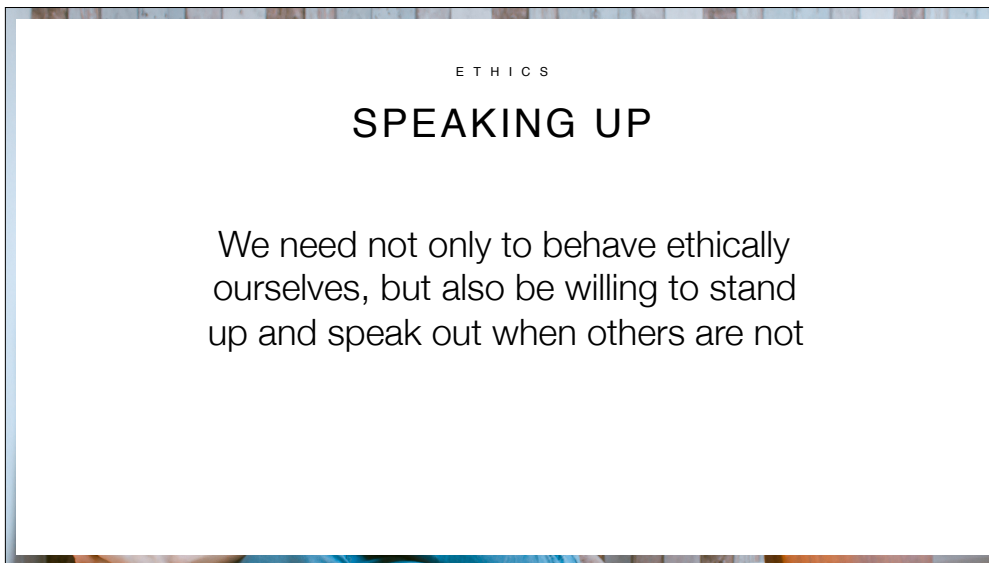


ETHICS

SPEAKING UP

- A health professional must notify if:
- ▶ A client may take their own life
 - ▶ A client may harm someone else
 - ▶ A child may be at risk of harm
 - ▶ Another health practitioner is behaving inappropriately

34

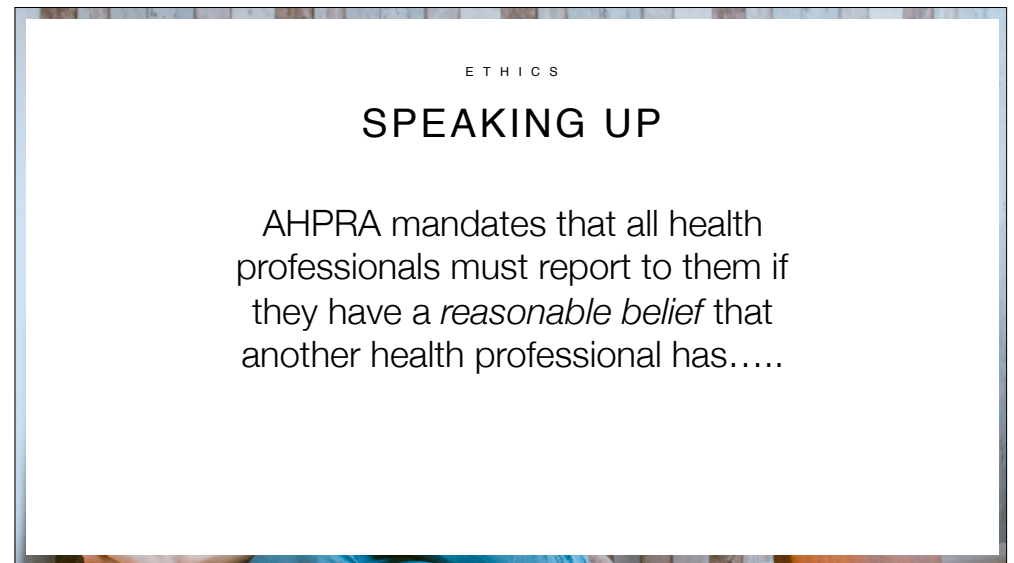


ETHICS

SPEAKING UP

We need not only to behave ethically ourselves, but also be willing to stand up and speak out when others are not

35



ETHICS

SPEAKING UP

AHPRA mandates that all health professionals must report to them if they have a *reasonable belief* that another health professional has.....

36

ETHICS

SPEAKING UP

Practised the practitioner's profession while intoxicated by alcohol or drugs

37

ETHICS

SPEAKING UP

Engaged in sexual misconduct in connection with the practice of the practitioner's profession

38

ETHICS

SPEAKING UP

Placed the public at risk of substantial harm in the practitioner's practise of the profession because the practitioner has an impairment

39

ETHICS

SPEAKING UP

Placed the public at risk of harm because the practitioner has practised the profession in a way that constitutes a significant departure from accepted professional standards

40

ETHICS

SPEAKING UP

Reasonable belief =
having direct knowledge or
observation of the behaviour, or a
report from a reliable source,
not mere suspicion, speculation,
rumour, gossip or innuendo

41

ETHICS

SPEAKING UP

If you believe another Yoga Teacher
to be behaving unethically and
inappropriately, I suggest....

42

ETHICS

SPEAKING UP

If you feel safe, speak directly to the
Yoga Teacher in question to address it
with them

43

ETHICS

SPEAKING UP

Discuss the issue with your mentor

44

ETHICS

SPEAKING UP

If the inappropriate behaviour is serious and/or the teacher continues the behaviour after your discussion, call your Yoga Teacher's Association and consider calling the police or other relevant authority

45

ETHICS

SUPPORTING STUDENTS WHO SPEAK UP



46

ETHICS

SUPPORTING STUDENTS

Barriers to speaking out:

- ▶ Shame
- ▶ Guilt
- ▶ Embarrassment
- ▶ Not wanting friends and family to know
- ▶ Concerns about confidentiality

Sable, Danis, Mauzy and Gallagher (2006)

47

ETHICS

SUPPORTING STUDENTS

Barriers to speaking out:

- ▶ Fear of not being believed
- ▶ For male victims, fear of being judged as gay
- ▶ For female victims, fear of retaliation by the perpetrator

Sable, Danis, Mauzy and Gallagher (2006)

48

ETHICS

SUPPORTING STUDENTS

It is important that when students speak up about abuse, we listen and support them

49

ETHICS

SUPPORTING STUDENTS

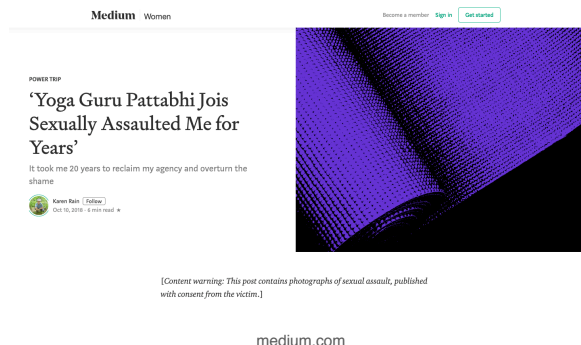


thewalrus.ca

50

ETHICS

SUPPORTING STUDENTS



51

ETHICS

SUPPORTING STUDENTS



Karen Rain and Pattabhi Jois
medium.com

52

ETHICS

SUPPORTING STUDENTS

It can be very difficult for a student to speak up about abuse, and it's important that if they do we believe and support them

53

ETHICS

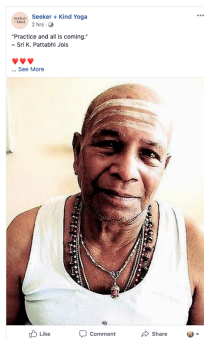
SUPPORTING STUDENTS

Part of this is stopping the public veneration or worship of perpetrators of abuse

54

ETHICS

SUPPORTING STUDENTS



55

T H A N K Y O U

56