



**Excerpt from the professional code of conduct
of the
liberal health professions united in the
umbrella organization for liberal health professions**

A. Preamble

Associations of various health and social professions have defined and united as liberal health professions in the umbrella organization of the "Freie Gesundheitsberufe e.V.".

As professional experts (counselors, therapists, practitioners, educators, course instructors, psychologists or members of other health-promoting, caring or helping professions), the liberal health professions promote people's health with their professional activities and their diverse methods. They contribute with particular competence and effectiveness to the health of individuals and their social communities and thus develop a social health awareness. The members of the associations of liberal health professions see themselves as independent in their activities, as well as complementary and in partnership with other professions, which also aim to promote recovery and health.

"Health promotion aims to enable all people to achieve a higher degree of self-determination over their health and thus empower them to strengthen their health. In order to achieve comprehensive physical, mental and social well-being, it is necessary that both individuals and groups can satisfy their needs, realize and realize their wishes and aspirations and master or change their environment. In this sense, health is to be understood as an essential part of everyday life and not as the primary goal of life."
(Ottawa Charter 1986)

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1 Ottawa 1986, Helsinki 1994, Ljubljana 1996, Jakarta 1997, Mexico City 2000, Luxembourg 2007, Beijing 2008 and following

A key common feature of the liberal health professions is their holistic concept of development and health, which recognizes and integrates the physical, mental, spiritual, social and ecological aspects of the human being.

"Health promotion supports the development of personality and social skills through information, health-related education and the improvement of social skills and practical life skills. Its aim is to help people to exert more influence on their own health and living environment" (Ottawa Charter 1986).

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The professional code of conduct of the liberal healthcare professions and the definition of professional duties serve as a code of conduct with the aim of

- to maintain and promote the appreciation and trust of the people who make use of our help.
- to ensure the sustainable quality of our professional activities in the interests of public health.
- to develop and maintain the independence and reputation of the liberal health professions.
- to continuously maintain ethically sound conduct in the exercise of our profession and to ensure this through self-reflection and mutual supervision.
- to cultivate and strengthen health awareness in ourselves and equally among our clients and participants.

B. Rules for practicing the profession

I. General principles

§ 1 The tasks of the liberal health professions

(1) The members of the liberal health professions serve the health of individuals and the population as a whole.

(2) The task of the liberal health professions is to promote the care of the healthy parts of each person, the development of personality and the social skills of people and to strengthen their individual and social skills in dealing with health and illness. They do this by providing information, health-related education and advice and by teaching skills or applying methods for health-promoting nutrition, exercise, exercise and mental attitude.

(3) The members of the liberal health professions want to empower people to exert more influence on their own health and living environment and at the same time enable them to make

decisions in their everyday lives that benefit their health. They design their own or support existing activities in order to promote health.

(4) The liberal health professions make an important contribution to the development of a new understanding of health in society.

They are moving to the center of social awareness:

- Addressing impairments to health in a timely and sustainable manner and viewing them as limitations to self-regulation.
- to understand and treat health and recovery holistically as a multidimensional phenomenon.
- to initiate targeted self-perception and awareness processes in clients that strengthen existing resources and enable health-promoting reorientation.
- to take clients seriously as equal co-creators of their recovery process and to strengthen their self-competence.

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§ Section 2 General professional duties

(1) Members of the liberal healthcare professions shall practice their specialist profession conscientiously and act in accordance with the current state of knowledge of their profession. They reflect on their own professional activity and continuously expand their knowledge, skills and attitudes.

(2) Members of the liberal health professions monitor their professional practice through a quality management system of their respective professional association, which makes their professional work transparent and enables clients and professionals within the respective profession to review it.

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(4) Members of the liberal health professions shall not take instructions from third parties with regard to their professional decisions and shall conduct their professional activities independently and uninfluenced by extraneous commercial or political interests.

§ 3 Professional and personal further training and development

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(2) Practitioners of the liberal health professions reflect on their personal level of development. They shape their continuous personal development in connection with their professional activities, expand their own potential and deepen their personal skills, resources and attitudes.

(3) Members of the liberal health professions are aware of the particular challenges of their profession and are able to deal with stress. They recognize signs of physical and mental overload and act accordingly. They develop sensible measures to strengthen their own physical, emotional, mental and social resources, implement the planned steps and organize their own work accordingly.

§ 4 Quality management

Members of the independent healthcare professions regularly review the quality of their own professional work and take measures for targeted quality assurance and development. In particular, they take part in the measures introduced by their association and the umbrella organization of the “Freie Gesundheitsberufe e.V.” to ensure the quality of their technical and professional work.

C. Principles of good practice in the liberal health professions

II. Professional code of conduct

§ 5 Dealing with clients and participants

(1) Good professional practice requires that members of the liberal health professions

- respect the dignity and right to self-determination of people in their professional activities, respect and protect their privacy, treat them in an empathetic and exploratory manner, establish a trusting relationship and respect the interests, values and rights of clients,
- provide information about professional assistance and options in an understandable and appropriate manner, design a method-based assessment and develop the treatment goals and treatment plan together with their participants in a process-centred manner,
- understand their clients as co-designers of the process from the outset,
- recognize their responsibility and the associated professional limits,
- take into account the client's individual situation, circumstances, physical, mental or social conditions, impairments or disabilities,
- remain objective and respectful even in the event of differences of opinion and practise physical, psychological, mental and communicative non-violence.

(2) In order to achieve greater effectiveness of the treatment and to support its sustainability in everyday life, relatives of clients and participants and other persons can be included in the counseling and support on request or if necessary. The prerequisite is that all those involved agree. The health practitioners of the liberal health professions provide the relatives and companions involved with the necessary emotional and professional support so that they can meaningfully support the client in their recovery process.

§ Section 6 Principles of professional ethics and codes of conduct

(1) Independent healthcare professionals base their actions on the following principles of professional ethics and codes of conduct:

- They respect and promote the client's right to self-determination, personal responsibility, dignity and integrity with regard to body, soul and social relationships and respect their biography and spiritual life. In doing so, they make no distinction based on gender, religion, nationality, culture, political conviction or social status.
- They act to the best of their knowledge and belief to promote physical, mental and social resources and support clients in their personal recovery process in an unbiased, attentive and benevolent manner.
- In their professional thinking and actions, they support people in their strengths and their ability to cope with themselves and take their concerns or problems seriously. The aim of their professional work is for people to master their lives confidently and independently.
- They avoid actions that cause physical or emotional harm to clients. If it appears appropriate, they recommend that clients seek medical treatment or contact other professionals.
- Members of the liberal health professions form relationships with their clients and participants that are based on a willingness to engage in dialog and cooperation. They are truthful and offer a space of trust in which empathy and openness prevail and processes of change can take place.

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§ 7 Confidentiality

(1) The members of the liberal health professions and their employees guarantee strict confidentiality and comply with the relevant provisions regarding data protection and professional confidentiality. This also applies to written communications, records, images and other documents.

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§ 9 Initial consultation, assessment and care

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(2) Healthcare professionals shall inform their clients and participants about the evidence, the possibilities and limitations and the practical experience with procedures, methods or products in such detail that they can make an independent and informed decision. They check whether the assessment of findings and the formulation of objectives provide a sufficient basis for treatment, document the assessment of findings and course planning and reflect on the developing course of the process.

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(4) Good professional practice in the liberal health professions includes asking how the participant/client can transfer the recovery process into their everyday life and work. Practitioners of the liberal health professions therefore support the planning of realistic steps in the concrete organization of everyday life and work, with which the recovery process is further strengthened. Under no circumstances are methods, procedures or products that promote or promote health applied by misusing the trust, ignorance, credulity or helplessness of clients, or are health success guaranteed as certain or unrealistic promises of success made.

§ 10 Business management and fee agreements

(1) The members of the liberal health professions shall manage the practice in accordance with economically and ecologically sustainable principles. They shall ensure the operation and administration of the practice. Their fee demands are reasonable and within the recommendations of the professional associations or the umbrella organization of the “Freie Gesundheitsberufe e.V.”.

(2) At the request of a participant, the respective professional associations shall issue an opinion on the appropriateness of fee demands.

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§ 13 Collegial and networked cooperation

(1) The Network of Independent Healthcare Professions and the umbrella organization “Freie Gesundheitsberufe e.V.” form a community that encourages all its members to communicate openly and honestly. This community is guided by three fundamental values that characterize its internal and external communication.

The members of the liberal health professions

- respect and honor each other as unique individuals.
- They trust each other and are convinced that they can strengthen each other and that
- an honest, open environment is best for everyone.

...

(4) They respect their responsibilities to clients and participants, to service providers, to their profession and colleagues, to the community and the health care system, and to themselves.

§ Section 15 Liberal health professions and economic interests

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(2) Insofar as members of the liberal health professions sell products to their clients and participants, excessive end prices, excessive profit margins or unfair profit intentions are not compatible with good professional practice. Members of the liberal health professions are therefore committed to transparency in their relationships with third parties. This also applies in particular to the relationship structure of structural distributors or system providers.

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D. Liberal health professions in social responsibility III Social commitment and humanity

§ 16 Social justice and social health

(1) The members of the liberal health professions recognize their shared responsibility for a peaceful, social, just and environmentally conscious coexistence of people and states. They are aware of the dangers that arise for the health of people living today and future generations if these elementary conditions are not taken into account and are committed to social conditions that provide all citizens with the best possible protection of health and life as well as appropriate assistance in the event of illness.

(2) For members of the liberal health professions, the health of the individual is an asset to be carefully protected. They therefore serve the health interests of the individual in their professional practice. They support people in taking responsibility for their own health and recovery.

§ Section 17 The Association of Liberal Health Professions

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(2) As a joint representation of the interests of the professions, the liberal health professions share the principles of the Ottawa Charter of the World Health Organization and its objectives:

"To contribute to overall policies that promote health and to work to achieve a clear political commitment to health and equity in all areas;

...

to recognize people themselves as the agents of their health and to support and empower them financially to keep themselves, their families and friends healthy. Social organizations and the community are to be accepted and supported as key partners in health, living conditions and well-being;

...

to consider health and its maintenance as an important social investment and challenge and to raise the global ecological question of our ways of life." (Ottawa Charter for Health Promotion, 1986)

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