

3Keys International Association Code of Ethics

The 3Keys process: what to expect

- ♦ The course of 3Keys work is a process. It has a beginning, a middle and an end. The beginning of 3Keys work consists of profiling the MBTI® to understand the client's language and world view, and profiling the Enneagram to identify his/her defense system. The next steps involve establishing a good rapport, identifying key issues and initiating a working relationship between the inner child and the adult, with the 3Keys Practitioner as the facilitator.
- ♦ Each 3Keys session consists of tracing negative concepts of self to their point of origin, expression of the emotions surrounding that original experience, and re-parenting the Child (spirit) by the Adult (cognition).
- ♦ Specifically, this involves undertaking a piece of inner work that may begin in the form of a structured exercise offered by the Practitioner or may emerge organically from the initial conversation around the trigger. Each piece of inner work will then take the form of the 'AAA' process – Affect, Advocacy and Action – as follows:
 - The client moves into the emotional state experienced by him/herself as a child. The Practitioner will facilitate the client throughout this journey by helping him/her to enter a state of very light hypnosis (also, for our purposes, known as imagery or visualisation), and will then accompany the client throughout as his/her witness and guide with non-leading questions, mirroring and empathy.
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 - The Practitioner works with the client to shift the latter into their empowered, adult state that is resonant of their Core Self.
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 - The client, in their adult self, undertakes anger or advocacy work, for the child not as the child, effecting a shift out of defense-motivated programming and into rational thinking.
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 - The client-as-adult-self finally vocalizes their connection with and feelings for their inner child, and formulating some type of action to protect the child should a similar trigger arise, or in circumstances related to the original programming behind the trigger. This should, ideally, occur while still in the state of visualisation, to ensure that the re-programming takes place in the right-brain space.
- ♦ After the piece of work is complete, the client may wish to talk about their experience, as far as energy and time allow. The Practitioner may invite him/her to consider some follow-up work they can do independently, or recommend some exercises to be done prior to the next session to cement the piece that was done.

3Keys Practitioners will:

- not knowingly make any public statement that is untrue or misleading about what s/he offers or make false claims in any written documents relating to the 3Keys process, 3Keys credentials or the 3Keys International Association. The Practitioner will not knowingly mislead or make false claims about what a client will receive from the 3Keys process or from the Practitioner.

- accurately describe their qualifications, expertise, experience, certifications and 3Keys credentials.
- seek to avoid potential conflicts of interest and dual relationships. A 3Keys Practitioner will avoid working with clients who are related to the Practitioner, either biologically or through marriage, or who are close friends. A Practitioner will also avoid working with relatives or friends of former clients. If any of the latter scenarios prove unavoidable, such as the client not having any other 3Keys Practitioner they could reasonably and logistically work with, and provided the Practitioner agrees, both will sign an agreement highlighting their exclusive Practitioner-client relationship and committing to avoid future social contact from there on.
- only barter for services, goods or other non-monetary remuneration when such will not impair the relationship with a client.
- not knowingly take any personal, professional or monetary advantage of, or benefit from, the Practitioner-client relationship, except by a form of compensation agreed upon in the intake agreement or contract.
- provide a safe environment for the 3Keys process and will diligently avoid judgment, confrontation, shaming, criticism and/or advice. The Practitioner will strive to be supportive, encouraging and totally accepting with unconditional positive regard. The Practitioner will provide an environment where no topic or feeling would be perceived by a client as off-limits.
- carefully explain and strive to ensure that, prior to or at the initial meeting, a client understands the nature of the 3Keys process, the cooperative work of client and Practitioner in the healing process, the nature and the limits of confidentiality, financial arrangements and any other terms of agreement.
- be responsible for setting clear, appropriate and culturally sensitive boundaries that govern any physical contact with a client.
- not become emotionally and/or sexually intimate with any current client. The Practitioner-client relationship is one-way and fiduciary.
- respect a client's right to terminate the relationship at any point during the process. The Practitioner will be alert to indications that a client is no longer benefiting from the professional relationship. When appropriate, the Practitioner will encourage a client to make a change if a client would be better served by another 3Keys Practitioner. The Practitioner will suggest a client seek the services of other professionals when deemed necessary or appropriate such as, and most especially, an addiction specialist.
- maintain the strictest levels of confidentiality with all client information. The Practitioner will maintain, store, and dispose of any client records in a manner that promotes and respects confidentiality, security and privacy, and complies with any applicable laws and agreements. A client's right to complete confidentiality is essential to providing a safe environment to do personal healing work. A 3Keys Practitioner commits to maintaining complete and strict confidentiality regarding the specifics of any client interaction; even the knowledge that a client has been seen is in itself confidential. A client may sign a waiver allowing a Practitioner's mentor to have access to information about a client's case. A client will be required to sign a waiver before allowing any confidential information to be released to any third party, unless required by law.