

# Adult Safeguarding Policy

Yoga & Yoga Therapy with Trish 

## Introduction & Policy Statement

Yoga & Yoga Therapy with Trish aims to uphold the teachings of Yoga through all of its work including the safeguarding of adults especially those deemed vulnerable.

Integral to the teachings of Yoga is recognising our inter-connected nature. As such Yoga & Yoga Therapy with Trish is committed to ensuring that all clients are met 'where they are', 'with unconditional positive regard'. This is especially true for those who are discriminated against in society and are, as such, protected by the Equality Act 2010.

Whilst the benefits of Yoga & Yoga Therapy are well-researched and well-documented, Yoga cannot 'solve all ills'. As such Yoga & Yoga Therapy with Trish recognises its limits and will refer clients on when necessary and/or appropriate. In addition, offerings do not guarantee specific outcomes.

## Purpose

The purpose of this policy is to safeguard and protect - from harm - all adults but especially those deemed vulnerable. The definition of vulnerable is wide but may be regarded as anyone aged 18 or over who may be impaired in terms of protecting themselves against abuse and/or exploitation.

## Scope

This policy applies to Trish Onderdonck-Young trading as Yoga & Yoga Therapy with Trish but also to any teachers/therapists who are sub-contracted to deliver Yoga/ Yoga Therapy.

## Implementation

Yoga & Yoga Therapy with Trish will:

- Be clear about the nature, scope and potential of practice
- Promote and prioritise a steady and comfortable practice that promotes long term health and wellbeing
- Adapt and modify to meet the needs and/or preferences of clients
- Always seek consent for touch and only ever use a guiding hand
- Maintain professional boundaries including acknowledging the power imbalance between teacher/therapist - seek advice if a client appears to

become over dependent or confused about the relationship or if there is a conflict of interest

- Ensure that all partner organisations adhere to similar principles whilst recognising that these may be expressed differently
- Take appropriate and necessary steps to respond to any conflict of interests with partners
- Take responsibility for continued professional development and take advantage of all relevant opportunities
- Ensure appropriate action is taken in the event that a protection concerns arises (see procedures below)

## **Procedures**

- Take any necessary steps to protect clients if they are in immediate danger, if they require immediate medical intervention or if a serious crime has been committed
- Discuss concerns directly with the client. Listen to them, allow them to express their feelings and thoughts. Maintain a compassionate and non-judgemental approach. Be transparent, do not guarantee confidentiality
- Document the concern in detail including date/time/observations/conversations/actions etc.
- Reach out for advice & guidance. This may include following the safeguarding procedures of partner organisations or may require direct contact with the Adult Safeguarding Team
- Share information only with authorised individuals and/or organisations and only on a 'need to know basis'
- Ensure that accurate detailed and confidential records of all protection concerns are maintained and securely stored in accordance with the Data Protection Act 2018
- Seek support for myself - either through reflective practice, mentors or supervision. This includes ensuring a 'fit to practice' approach

This policy was written on 01/08/21 by Patricia Onderdonck-Young

Policy reviewed: 01/08/2024 by Patricia Onderdonck-Young

Next review due: 01/08/2027