



Natural Health Practitioners of Canada  
Praticiens de la Santé Naturelle du Canada

## POSITION STATEMENT

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# **Treatment of Family Members and Spouses**

## Treating Family Members and Spouses

Treating family members and spouses should be approached with care and professional awareness to ensure that all ethical and practice standards are upheld. The NHPC recognizes that, in certain circumstances, treating family members and spouses may be the only available option and therefore does not prohibit members from doing so.

Some insurance companies have policies that restrict or exclude reimbursement for treatments provided to family members or spouses. Members are encouraged to verify these policies directly with the client's insurance provider prior to treatment.

Practitioners must remain mindful that maintaining professional boundaries and objectivity can be difficult when treating family members or those with close personal relationships. If you are not confident in your ability to remain objective, you should refrain from providing treatment.

## Guidelines for Treatment

Please consider the following when treating family members or spouses:

1. Clearly communicate and document informed consent, confirming that the client understands the nature and context of the treatment.
2. Maintain a professional environment and follow standard clinical procedures throughout the treatment session.
3. Avoid providing treatment in emotional or informal settings that could affect objectivity or the perception of professionalism.
4. Ensure accurate and complete client records, including health history, assessments, and treatment notes.
5. Review and disclose any potential conflicts of interest when billing insurance or providing receipts.

Clinics and practitioners should create their own policies regarding the treatment of family members or spouses and communicate these policies to applicable clients before booking.

## Definitions

Family member: Direct relatives (e.g., parents, children, siblings, grandparents), their spouses/common-law partners, and possibly close friends or household members depending on jurisdiction.

Spouse/partner: Legally married or cohabiting in a marriage-like relationship.

## More Information

For assistance or feedback in creating your own policy, please contact:

**Practice Management Department**

1-888-711-7701, ext. 229

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