



DEVELOPMENT NEWSLETTER

UK REIKI FEDERATION DECEMBER 2000 - Issue 9

The Umbrella Body for the Development of National Occupational Standards & Best Professional Practice of Reiki
PO Box 261, Wembley, HAO 4FP email: enquiry@reikifed.co.uk website: www.reikifed.co.uk

Members Appreciation Shared

"I do so want to applaud everyone in the UK Reiki Fed. who is putting so much time, effort and sheer hard graft into getting this vital organisation off the ground."

- Gillian Smith

"Keep up your excellent work and thank you for your greatly appreciated efforts on your members behalf."

- Ann E. Darby

"Congratulations for achieving the miracle of coming from the heart when dealing with lots of head issues."

- Dawn Salter

Annual Review & Reiki Festival

Our first Annual Review and Reiki Festival is set for Saturday 10th March 2001 at Leiston Abbey in Leiston, Suffolk. This is the first chance to meet the people behind the Federation, and for our members to come together. There will be a meeting to discuss our achievements and progress to date in the morning, followed by a vegetarian lunch. The afternoon will be a mini festival with the theme title:

'Our Celebration Of Energy'

We invite you to actively shape our Reiki Festival by volunteering to run short groups and events based on 'what makes your heart sing.' Our suggested ideas include: Reiki Treatments, Distance Circles, Chanting, Meditation, Sacred Dance, Drumming, Crystal Bowls, Ki Kung and Yoga. If you feel drawn to **helping** on the day or **running** a session, write or email with what you would like to offer by the end of January. The whole day including lunch will cost £12 per person, tickets available in advance, so book now to avoid disappointment. Overnight accommodation is also available at the Abbey as an extra option (must be booked in advance).

Nick Ioannou

New Magazine

To coincide with our first Annual Review, we will be launching the new UKRF biannual magazine. Unlike the newsletter, which is about internal business (standards, codes of practice etc), the magazine will have a more personal approach. It will feature some of our wonderful pioneers who are involved in inspiring Reiki initiatives, people's success stories with Reiki, and moments that have touched the heart or changed a life. It will be written by you, for people like you. It will also serve as a public face for Reiki, to share with the outside world what we are doing and what Reiki is all about. Leave it in the therapy waiting area and see it stimulate interest and potential new clients. So, to make this magazine an outstanding success, please start writing and creating! Cartoons, provoking thoughts, humour, poems and ditties, all

with a Reiki slant, are also most welcome, as are good quality photographs (regrettably cannot be returned) to stand alone or support written work. Please send articles (max. 1000 words) and other submissions, preferably by email to tamisha@reikifed.co.uk or on floppy disk accompanied by hard copy. Disks and/or typed submissions should be sent to the UKRF PO Box address. Deadline 31st Jan 2001. Suggestions for a title for the magazine are also welcome.

Developing Our National Occupational Standards

Where We Are Now

The report of the select committee to the House of Lords has highlighted the need to not only raise awareness of Reiki generally (Reiki was not mentioned in the report), but also that our drive to produce National Occupational Standards (NOS) as part of our voluntary self regulation is timely. Legislation is coming and it must be preferable to regulate ourselves rather than have rules set by those who may have little understanding of the practice of Reiki.

Good progress has been made so far. The first step was to develop the Codes of Ethics and Standards of Practice for Reiki practitioners as a foundation for all that follows. Now further work is underway to incorporate these into the National Occupational Standards (NOS) for Reiki which detail what a client can expect of a professional quality treatment. From here we move on to identify appropriate training for students, within the framework of a nationally accepted qualification. None of this can be implemented without the support of the majority of Reiki practitioners, so each phase will require national consultation for revision and final agreement.

NOS Underway

A first draft of the National Occupational Standards (NOS) is being formed, and will be available at the Annual Review in March. It is based on those already developed by other complementary therapies, and adapted to suit Reiki. When ready it will go out to the membership and study groups so that your views can be incorporated into the final document.

NOS are about ensuring that we practise Reiki in a professional manner, that we communicate well with our clients and empower them. Clients can be confident that they are receiving treatment from practitioners who have received suitable training and have experience. In setting standards, Reiki will become more widely accepted by statutory bodies such as the NHS and Prison service so enabling Reiki to become more readily available to a wider range of people.

We all practise Reiki differently. We all have different strengths and qualities; we use differing systems of Reiki and incorporate our intuition into much of what we do. We need a diverse range of practitioners and masters out there, and

plenty of them, so that potential clients and students can find the person who best suits their needs. NOS are **NOT** about dictating the type of treatment you give or the symbols you use; they are **NOT** about giving a certain number of attunements in a conference room but not in a crop circle. They **ARE** about having high standards in our approach to whatever we do with Reiki and will allow us to promote the UKRF as a credible professional body.

Reiki is serious stuff but we all know that it is also joyful, loving, empowering and fun. NOS will not change that.

Léonie Clark

House of Lords Select Committee Report

The report on complementary and alternative medicine (CAM) by the House of Lords Select Committee on Science and Technology was produced following a 15 month enquiry. With use of CAM across the developed world increasing, the enquiry set out to establish:

- whether there were good structures of regulation to protect the public
- whether an evidence base had been accumulated and research carried out
- whether there were adequate information sources available
- whether training arrangements were adequate what the NHS should provide.

The 140 page report is wide ranging, but the main recommendations are:

- that there is a clear need for more effective guidance for the public as to what does or does not work
- that the public interest will be best served by improved regulatory structures of many CAM professions
- that government should, through a ten year programme, develop a small number of centres of excellence for conducting CAM research
- that in terms of NHS provision, only those CAM therapies which are statutorily regulated, or have a powerful mechanism of voluntary regulation, should be made available through the NHS.

(extract from The Foundation for Integrated Medicine - Dec 2000)

UKRF Leaflet For Clients

A Reiki information leaflet for clients has been developed, which incorporates feedback on 'The Definition of Reiki' by the national study groups. The leaflet has been kept deliberately concise to embrace all styles of Reiki.

It will cover:

- a) What is Reiki?
- b) What are the Benefits?
- c) What happens during a session?
- d) How often do I need to have a treatment?
- e) Safety
- f) About the UK Reiki Federation, and
- g) space available for the practitioner's contact details.

Using this leaflet brings practitioners under the banner of the UK Reiki Federation, and assures clients that they are being treated by someone who adheres to a professional code of practice and carries appropriate insurance. Leaflets will be available to all Associate members from April 2001.

Tamisha Sabrina & Rosie Andersen

Practitioner Pack

One of the benefits of Associate membership is a free edition of the Practitioner Pack, which contains essential information and forms for setting up in private practice:

Reiki, Information for Clients (leaflet).

About The UK Reiki Federation (leaflet).

UKRF Codes of Constitution (leaflet).

Client Contract and Consent Form, with Parental/Guardian consent for children under 16 yrs.

Client Record Guidelines.

UKRF Codes of Practice (A4 x 2 copies), reference info for clients.

Codes of Ethics and Practice, full version (A3 folded).

A full pack, in a presentation folder, will be available for Associate members at our 1st Reiki Federation annual gathering in March. Further packs, appropriate to those who wish to practice Reiki in a medical or prison setting will also be available as from March, and will include leaflets which specifically address the needs of patients and inmates, and a review of the relevant research on Reiki.

If you would like to upgrade or take out Associate membership, please complete the enclosed form.

Tamisha Sabrina & Rosie Andersen

Questions & Answers

BLOCK INSURANCE SCHEME – The insurance option for Associate members with H & L Balen includes cover for Reiki workshops and attunements as standard.

INSURANCE - For provisional members who require practitioner insurance, we have negotiated a £6 discount with IPTI (Independent Professional Therapists International) when you quote your membership number. IPTI can be contacted on 01777 700383.

ASSOCIATE UPGRADE – Many members have sent Associate Upgrade forms without any photocopies of Reiki or insurance certificates. This has caused a great delay in processing many applications. Please send these in as soon as possible. Photocopies of Masters certificates dated before 1999 are also acceptable.

WEBSITE PRACTITIONER LISTING – The listing is up and running at www.reikifed.co.uk - please check your details if you are an Associate member and have requested this option. Also please tell everyone about the practitioner listing and website – the more people that know the better for everyone.

Non-members – to receive a membership form please send a SAE to:

Membership Request Form, UK Reiki Federation, PO BOX 261, Wembley, HAO 4FP or e-mail: enquiry@reikifed.co.uk