



DEVELOPMENT NEWSLETTER

UK REIKI FEDERATION NOVEMBER 2002 - Issue 15

The Emerging Regulatory Body for the Profession of Reiki

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Demystifying the regulation of Reiki in the UK and preparation for Integrated Healthcare

Last year in Development Newsletter No.12, October 2001 "*The rough guide to voluntary self regulation*" set out the complexities of what's involved. Perhaps now is a good time to look more at the rationale. To reiterate, there is no attempt to regulate Reiki. The main work of the Federation is **HAVING MEASURES IN PLACE FOR THOSE WHO PRACTICE REIKI AS THEIR PROFESSION.**

Why the need to regulate Reiki?

Mainly, for the benefit of the public, also to uphold the value structures of the therapeutic modality. It's so people know what to expect from a treatment, and from the practitioner, and what recourse there is if this is not met. It's about setting and maintaining standards. Responsibility of the profession by the profession reassures both the public and the medical healthcare sector of consistency.

What is regulation?

The first thing about regulation is that it's not about doing *less* of what we do, it's about being able to do much *more* of what we do, in more healthcare settings. Regulation is not prevention, it's about being liberated through taking collective ownership for the diversity and all styles of practice. The term 'regulation' is not about authoritative control from the 'outside,' it's about inner growth and a maturation of the profession itself. Broadly speaking, it is considered that:

THE HALLMARK OF A PROFESSION IS IN ITS MATURITY TO REGULATE ITS OWN AFFAIRS.

This creates a wider acceptance of the profession within society as a whole. It allows Reiki to be integrated in a greater range of primary healthcare settings. It facilitates multi-disciplinary working of practitioners who can communicate in common language. It enables practitioners to be paid professional rates and be treated equally to other healthcare practitioners. It enables more choice for client/patients.

Effective regulation will not come from a fear-base, nor an attempt to gain conformity or control through reductionism to common style. The unity comes from our embracing pluralism, the multiplicity in all the diverse forms of style, lineage, tradition and practice within the collective resonance that we call Reiki. Of course, this raises the question - what comes within this field of resonance and what falls outside of that? Agreeing such parameters IS the business regulation.

What is meant by "profession"

In using the term "professional" we do not imply that other Reiki practitioners are unprofessional in their work. It is a term used to describe those who provide treatment in the public healthcare sector. Becoming professional is to do with being able to work in a wide variety of healthcare settings,

equally along with other healthcare professions and practitioners as fellow colleagues.

It is very important for people to understand that in being part of a professional body and regulating the practice of Reiki, we are not talking of trying to 'regulate' the Reiki nor Reiki attunements. We are however talking about how the treatment is performed, appropriate codes of conduct and methods of practice which can be deemed professional in order to meet the varying needs and expectations of different client groups within the healthcare service. This is not the domain of 'anything goes'. There are certain ways of performing treatments and ways of conducting a session in, for example a prison which would be entirely inappropriate, and in contrast to, say a palliative care setting.

Attunements to Reiki are left very much to the master-teachers to continue doing what they've done. Also, those who want to use Reiki privately on family and friends, or as a folk art will always be able to continue doing what they do. They are likely to remain unaffected by the new changes. To work as a healthcare practitioner, people will need to build portfolios of learning and expertise, evidencing skills and competencies (including prior learning) appropriate to the different settings and client groups. This knowledge and experience will be accredited and measured against the minimum National Occupational Standards (NOS) which are set by the Reiki profession itself.

Those practitioners who meet the agreed criteria then join the professions' register and are titled accordingly. Regulation comes in to play only when the practitioner does not fulfil his/her part of the 'bargain' or goes beyond those boundaries which s/he has agreed to in becoming a registered practitioner. So the regulatory function is to measure against the minimum set of standards required for work in the profession itself. The professional bodies of Reiki are likely to maintain higher levels of occupational standards than the requirement of regulation and, via the schools, ensure greater levels of education and training.

This self-regulation process is regulation of the profession by the profession and is termed voluntary self regulation (VSR). This means we take collective responsibility for our actions from *within* Reiki.

The demographics of the UK scene

Although geographically the UK is mainly one very small island, it is very densely populated and split into four countries, each has different legislative criteria and sometimes language requirements. With well over 70 ethnic resident groupings to be included and represented, some say London is the most culturally diverse city on the planet. It is the largest Euro-city comprising 16 million people, 8 million living in London and 8 million people commuting in to work daily. Apparently, there are more people living within the outer ring-road (M25) than in the whole population of Australia.

- 19 million visits were made to complementary practitioners in the UK in 1998, compared with 14 million visits made to A&E departments.
- There are more than 49,000 known complementary medicine practitioners in the UK.
- Over 58% of physicians have provided access to complementary medicine for their patients.
- More than 20% of the UK population use complementary medicine as their first choice.

There are at least 28 different styles of Reiki being practiced in the UK and in many ways the UK is very liberal compared to many countries with much tougher healthcare legislation, particularly some European countries. The work of UKRF is directly influencing European ruling. In being pro-active, we are setting the European precedent by pioneering standards, models of good practice and voluntary self-regulation. Perhaps, in developing these in such an 'intense' arena as the UK enables a wealth of experience to share.

For the collective good

As people, on average, are living much longer an already stretched public healthcare system cannot cope with demand. Although they are living longer the quality of life is not so good and more practitioners are needed to treat people in lots of different therapies. Also, people are 'talking with their feet' by walking to find more options of gaining effective healthcare treatments, more ways of rebalancing, "getting sorted" in whatever ways to experience optimum health. It is, after all, a basic human right. No longer is healthcare an "us and them" scenario, allopathic versus complementary and alternative. Healthcare specialists, including Doctors will have multiple choices and be more able to refer with confidence as our Reiki practitioners become more accountable. Client/patients can then take charge of their own well-being in a more informed way, and have some method of redress should there be any need for recourse.

Integrated Healthcare is not in the future, it's NOW!

Neil Anthony

Annual Review & Festival, 28, 29 & 30 March 2003

You are warmly invited to this year's Annual Review and Festival, which as a result of feedback from membership will be held at the University of Leicester. The event will be held over two days, with the option of day or weekend attendance. Costs will range from £35 for one day attendance (including lunch), up to £131 for the full weekend (including light supper on Friday, accommodation and meals through to Sunday late afternoon). En-suite accommodation is also available at additional cost.

Friday evening, subject to numbers, will be informal for networking, to share activities and Regional development. Saturday 29 March 2003 will be dedicated to the Annual Review, followed by an information forum about the Regulation Process and its implications for the Profession of

Reiki. A full explanation about both the professional and regulatory aspects of the process will be given. This is an extremely important day for those of you who are unsure of the implications of any future regulation, but is also important for practitioners who will be affected by the process. Sunday 30 March 2003 will offer a selection of new workshops focusing on "Building your business and developing professional practice" with subjects including media, professional and ethical issues, in addition to the usual fun Reiki-related other activities. Anyone wishing to offer additional workshops please contact the UKRF Admin office.

Each day will begin with registration at 9.00 am for a 10.00 am start, finishing at approximately 5.30 pm. Further details are given on the enclosed information and booking sheet. Places may be limited, and are restricted to UKRF members, therefore provisional bookings together with a deposit of £20 per person should be forwarded to the Admin office no later than Saturday 14th December 2002. If you have any general queries about the event please telephone the Admin office.

Doreen Sawyer, Admin

Creating the BLUEPRINT for regulation and professionalism

From our Forecasting & Forecasting Development Forum (hosted by Gary Williams in Malvern 03 Aug.) we decided it was appropriate timing to review how best the UKRF can embrace both regulatory and professional functions for work within integrated healthcare settings. This is the first time we've started to address the actual 'mechanics' of this since the Feasibility Study of 1998. It's crucial to appraise this now as it affects our Business Planning and Forecasting (which is a requirement for voluntary self-regulation).

From this Forum we decided to hold a Workshop on 10th Sept for all people who are part of the Working Groups as it's crucial to 'think-tank' all aspects of this work and involve as many active people as possible. In fact, though we were small in number we did manage to get a lot of business done and agree the focus of the Working Groups:

1. First focus: to look at each Working Group and decide what proportion of their task is Regulatory and what is Professional; also if the remit of "the brief" requires adjustment and, if so why.
2. Next focus: to look at each Group activity in the Regulatory section then in the Professional section and calculate an approximate budget and funding requirement a) from now until the next Annual Review; b) for the next 5 years - or whatever the envisaged lifespan of the Group is.
3. At the same time as looking at each activity and funding requirement, do the same for each IT operation to make sure it is built into the "virtual office" so as to run these functions. (The UKRF has no 'head' or 'central' office.)

We agreed that representatives from each of the key areas need to link closely together and work collaboratively on a continual basis between now and Spring '03 and with this in

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Membership Request Form, UK Reiki Federation, PO Box 1785, Andover, Hants SP11 0WB or enquiry@reikifed.co.uk

mind we titled this the **DEVELOPMENT COMMITTEE FOR REGULATION AND PROFESSIONALISM**. The purpose and remit: *“to create the Blueprint for Regulation and Professionalism in Reiki for integrated healthcare”*.

TIMESCALES:

- A. We anticipate that a fuller, more comprehensive understanding of the Working Group requirements will be available by our next **DEVELOPMENT COMMITTEE meeting/workshop 10 Dec.'02** (three months time) to be able to create the Business Plan hopefully in time for the Annual Review 2003.
- B. Although it's a very tall order, we also aim:
- ❖ to have draft National Occupational Standards in place;
 - ❖ to have draft Core Curriculum in place and be actively working on CPD, accreditation and assessment procedures;
 - ❖ membership fees more accurately calculated to cover both membership of a Professional body and, where appropriate entry onto the single Register as a Registrant;
 - ❖ a clear distinction of the Regulatory from the Professional functions;
 - ❖ election of the first provisional Regulatory Council;
 - ❖ offering members a belonging to the first true, formal Professional body (which has a provisional working title of 'UKRF Healthcare')

It had been previously agreed that there was little point in proceeding with co-option to the Core Team to continue and build it as the main decision-making body of the UKRF because its original purpose is no longer able to meet the future need and therefore it has become an anomaly. What was right when we first formed has now outgrown its use. It is now apparent that there are areas where there will be a conflict in interest between matters of regulation and the business of professionalism. Without doubt, the Core Team function will need to change, constitutionally, at the next Annual Review.

What is most likely to be required is two decision-making processes (or bodies), one representing regulation and one representing the professional. They will then come together for core areas of collaboration. However, as this is very much in the formative stage during this time of rapid change and growth it's agreed that the **DEVELOPMENT COMMITTEE**, represented by all Working Groups involves more people in 'process' and therefore is more appropriate to take the greater responsibility for key decision-making.

Perhaps for the next *Development Newsletter* we will be able to elaborate in much greater detail. Stay tuned!

Meanwhile, during this crucial time of metamorphosis the Core Team remains responsible for three main duties:

- ✓ *Business which affect its 'objects';*
- ✓ *Constitutional matters;*
- ✓ *Anything which may affect its solvency*

Core Team

<<< UPDATES >>>

“NETWORK LINKS”

What was previously The Directory of members is renamed *“Network Link”* as the directory element and follows the section promoting members' courses, workshops, seminars and their other events. This will be special supplement included in *Resonance* for wider distribution. It may also carry short articles of subject-related material.

REIKI AWARENESS WEEK

Don't forget Reiki Awareness Week starts 12th May 2003. Any special events can be included in the new look colour *Resonance* which will contain the first *Network Link* for members advertisements (mentioned above).

PROMOTIONAL PACKS

We are up-grading the packs which will cost £3 each. These can be used to promote Reiki and your Reiki practice in different environments such as doctors' surgeries, hospices, care homes etc.

NATIONAL OCCUPATIONAL STANDARDS TEMPLATES

Thank you to all those who sent feedback on the templates. The overwhelming response was to go ahead and use them as a basis for writing our standards. There were a few concerns about some of the wording and particularly about the relevance of some of the sections to Reiki. All members' comments will be incorporated into our working group discussions as we remove the irrelevancies and add in Reiki to the 'discipline specific' sections.

We have not yet heard from Skills for Health but will go ahead with our working group. The first meeting will be before Christmas and then, if we are chosen as one of those to have the process 'facilitated' next year, we will already have much of the work done. Once this phase is complete, it will go out to members again to incorporate your views into the final draft. It then will be made available to as many Reiki practitioners/teachers throughout the UK as we can find for their input prior to completion and validation.

AN IMPORTANT NOTE. We all believe that you cannot regulate the spiritual change and growth that so many of us experience with Reiki and it is certainly not the intention of any of us working on NOS to attempt to do so. Contact leonie@reikifed.co.uk or call 01672 811553

DRAFT CORE CURRICULUM DISCUSSION DOCUMENT

Thank you to all those who have completed the discussion document. So far the responses to this working document

which are now being collated and electronically archived, have been mostly positive and constructive with extremely helpful feedback as to our next stage forward. In addition to the further information supplied on regulation within this newsletter, it is hoped to address the most **“frequently asked questions”** that have arisen from this draft which will then be circulated to those who which participate in this creative process. A few un-named contributions to the draft curriculum have been received in the last few weeks. If you think you may have omitted to include your contact details, then please let Rosie know at rosie@reikifed.co.uk or call 01394 389649 so that we can include you in the next stage of development.

DRUG WORK TRIALS

It's possible that soon there will be a controlled experiment of the efficacy of Reiki with drug/alcohol addiction. This is likely to be in the Lincolnshire area. If plans go ahead, this will be within criminal justice settings though not in prisons. If any member therapists are interested, contact neil@reikifed.co.uk

PRISON WORKING RETREAT WORKSHOP

Offa House near Coventry has been booked as the venue for a retreat for those working in a prison environment or for those who have an interest in this area of work. The date for the retreat is Wednesday 12th February until Friday 14th, the cost being approximately £70 for the 2 nights accommodation plus full-board. Numbers are limited to 12 people so early booking is advisable. Please email rosie@reikifed.co.uk or telephone 01394 389649 by the 6th December.

Regionals Weekend at Lattendales Retreat Centre, Cumbria

The main purpose was to put together plans for developing the network of Regional Contacts to become easier and more accessible for all. We all knew the present system was not working and we put together a number of proposals, some of which could be put into practice immediately.

1. A team named **Membership Network Support**, with **Regional Facilitators** who would support **Local Facilitators**. The regions would be organized into local 'clusters' with each Local Facilitator having about 10 members in his/her group. The Local Facilitator would be put in place by the Regional Facilitator when they had the list of their members to hand.

2. Regional Facilitators to have a bulletin board to contact each other with ideas, this would be accessible by password with a facility to post updates for local News & Views. The news-sheet would have a lead article from the editor of publications and news from their own region, informing their membership of local events and inviting comments.

3. Training offered to use the software - each Regional Facilitator to try to set up a meeting where this could be given.

4. A 'New Facilitator Support Pack with information on support, networking, C.P.D, possibly a membership list for the area and information on downloading and updating the regional bulletin board and a password to do so.

5. Regional Facilitators could organise First Aid Courses and even a mini bus to visit the Annual Festival for members in their area. Attendance at this meeting and Regional meetings could be recognised with a certificate of attendance. On a light-hearted note, it was decided that each area be given a name i.e. the Northern Group to be known as *'The Northern Lights'*. There were suggestions for other areas: *Suffolk Punches, Heart of England, Cockney Rebels, Highland Flings*, but we were sure that other names could be thought of let me know if you have any ideas.

If you would like to have a visit from those working on the self regulation process, along with one or all of the 'Membership Network Support Team' please let me know and we can discuss dates and venues. We are anxious that everyone is included in this venture that will open up the UKRF to the members and enable them to become more involved in what is THEIR Federation.

Email Joanpaul@btinternet.com or joan@hitchco.co.uk, or Mike Randell: michaelrandell@blueyonder.co.uk

Joan Hitchco

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NEW! MEMBERS DISCUSSION FORUM:

On the website there is now a dedicated message board facility for members to discuss and share views on UKRF related topics. The first six topics are under the following headings - **N.O.S.; Education; News & Views (comments); Practitioner Support; Workshop & Study Groups; Reiki Shares (comments)** .

REGIONAL FACILITATORS FORUM:

Also there is a message board solely for the use of active 'Regionals'. This is to share and develop good ideas and enable greater interaction with regional activities to strengthen members communications network.

UKRF RETREAT CENTRE:

At the Lattendales retreat for Regionals in the autumn glory of the Lake District it was proposed that UKRF adopt a long-term project - to develop a dedicated Reiki Retreat Centre somewhere in the Heart Of England which could be used for training, workshops as well as for convalescence and other Reiki purposes. Any ideas, enquires or possible locations send to neil@reikifed.co.uk

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