



# DEVELOPMENT NEWSLETTER

## UK REIKI FEDERATION FEBRUARY 2005 - Issue 22

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### **THE UK REIKI FEDERATION ARE LOOKING FOR A CHAIR AND UP TO SIX MEMBERS FOR THE MANAGEMENT COMMITTEE**

As the membership of the UKRF expands it is important we have a full complement on the management committee. This will involve attending approximately 4 meetings a year. It is very rewarding to be an important part of an evolving Reiki organisation. For Management Committee members, no particular qualifications are needed, but being able to work with other Committee members in equal partnership for the common good of both Reiki and the UKRF. Working with openness and the sharing of information and experience, are important factors that will continue to make us the Federation that the public and our members look towards as a first point of contact for information, guidance and training. For the position of Chair, the person appointed will have a very diverse role, helping to maintain the reputation we currently enjoy as a professional organisation at every level.

*Interested nominees should, in the first instance, make contact with the office and c.c. Mari Stevenson – [mari@reikifed.co.uk](mailto:mari@reikifed.co.uk). (Nomination forms are being sent out to all voting members).*

### **GOALS FOR THE UK REIKI FEDERATION: APRIL 2005 – APRIL 2006**

As we begin 2005, it is an ideal time to look at the path the UK Reiki Federation needs to follow. As we become more involved in raising standards, formulating what makes a good practitioner of Reiki, and being actively involved as first contact for an increasing number of the general public, we need to be very clear about what the UKRF is seen to stand for. The UK Reiki Federation's openness in embracing all styles of Reiki that are practiced professionally and having an inclusive approach is what makes us strong.

The Management Committee and the Workgroups will be formulating their goals for the period between April 2005 and April 2006. Feedback from you about goals that are both achievable and realistic will be an important part of the AGM and Festival in April, where we can use this time as a forum for discussion during the weekend.

But we need more if these goals are to be achieved. There is a need to have a full complement on the

Management committee numbers—could **you** be one of those willing to give a little back? Or could you bring expertise or experience to one of the Working Groups?

So please think what you could actively contribute to your Federation this coming year. You **do** make a difference!

*Mari Stevenson. Vice Chair.*

### **THE COMPLEMENTARY AND NATURAL HEALTHCARE EXHIBITION OCTOBER 24<sup>th</sup> and 25<sup>th</sup> 2004**

Held in the Docklands part of London at a relatively new exhibition Centre, ExCel, the Complementary and Natural Healthcare Expo was oriented to cater mainly for therapists. There were many stands exhibiting goods and services for therapists as well as others selling books and health products.

The UKRF stand was well placed, facing the demonstration area, so we benefited from people who were watching demonstrations and had the time to watch us giving Reiki. There were always at least 3 of us manning the stand at any one time (Mari Stevenson, Doreen & Anthony Sawyer, Carole Block and myself). We were kept busy by the continual stream of visitors wanting to sample Reiki and find out more about our practitioner members and membership details.

It was very rewarding having a presence at this exhibition, not only because of feedback from the people treated, but from Reiki practitioners who did not know about the UKRF and were keen to join. We handed out several hundred leaflets.

We were able to discuss the progress of the RRWG with therapists of both Reiki and other modalities.

Mari gave a talk/demonstration of Reiki assisted by Carole and myself. While Mari was talking Carole and I gave Reiki to a lady from the audience and, of course, she found it wonderful!

We all felt that those two days at this Exhibition were very worthwhile and was definitely beneficial for the profile of the UKRF. We propose to attend the same event this year.

*Christine Johnston. PR/Media team.*

## REIKI AWARENESS WEEK 14<sup>th</sup>-22<sup>nd</sup> MAY

Please don't forget to let us know as soon as possible about any events you're planning in your area. One of the reasons last year's week was so successful was because we were able to send editorials to specific local press titles and radio stations about local events as part of a national Reiki Marathon. It did capture people's imagination and this year (the press release is on the website) we plan on having more coverage for all of you participating in or organising events during the week. Unfortunately we couldn't make all the newspaper and radio station deadlines we had sent press releases and CD's to, simply because of the late notification of some of the events. Christine, Doreen and I were working up until the eleventh hour to help get the contact lists together, and sent out to newspapers and radio stations, so this year if you plan on taking part in the Reiki Marathon can you tell us as soon as possible? We don't need the actual address or dates/details at this stage, but if you are going ahead with one we can at least start collating information to source all relevant contacts on local papers and radio stations for you ahead of time. Please can you either email the name of your local paper/radio station and/or let us know the area the event will be held and we can start compiling a list to help you promote it more effectively. **The latest date for inclusion will be April 20<sup>th</sup>.** Please email Carole at [thehealthpractice@hotmail.com](mailto:thehealthpractice@hotmail.com) and c.c. the office.

Also let the office know if you intend speaking/offering articles about Reiki at any time to any media. We can offer guidelines to help you maximise the opportunity.

We are proposing to hold a series of workshops in the UK for UKRF members interested in speaking to the public/the media about Reiki and the UK Reiki Federation. This may be helpful, especially to those of you who may be involved this way in Reiki Awareness Week. Details to be announced.

*Carole Block. PR/Media team.*

## THE DOCTOR-HEALER NETWORK

The Doctor-Healer network exists to promote the practical use of healing in a medical setting independent of any particular philosophy or belief. Membership is open to doctors and other health professionals with an interest in healing who subscribe to the aims of the network and healing as a stand-alone therapy. It is also open to healers who have worked with doctors, and are members of a healing organisation in which there is training, adherence to a Code of Conduct, and have professional insurance cover. These are mandatory. Membership is open also to others with a specialist role in the network at the discretion of the organisers.

There are DHN groups in various parts of the UK. If you are interested in finding out more please email Mari Stevenson – [mari@reikifed.co.uk](mailto:mari@reikifed.co.uk)

## DISTANT HEALING

Would members of the Federation who worked on the old distant healing team please re-send their details to Fay Bailey ([distance@reikifed.co.uk](mailto:distance@reikifed.co.uk)) in order that they may now be included on the new contact list. New members wishing to be included may also contact Fay. A list of those wishing to receive Reiki will be circulated by Fay to members on the list.

Anyone wishing for Reiki to be sent should send an email to [distance@reikifed.co.uk](mailto:distance@reikifed.co.uk) giving the person's name and town only (no medical details) and quoting their membership number. Although this is set up for members only, Reiki can be sent to non-members also, who are invited to send a donation to the Federation.

## NATIONAL CO-ORDINATION AND NETWORKING

There have been a number of changes to the listings for Area Representatives and a revised contact list is given below.

Area and NCN ref:	Representative and email:
<b>Moray</b> ar2	Annette Brooks-Rooney <a href="mailto:annette@energise.uk.com">annette@energise.uk.com</a>
<b>Aberdeenshire</b> ar3	Mark Brinsden <a href="mailto:mark@brinsden.net">mark@brinsden.net</a>
<b>Bedfordshire</b> ar71	Jacqueline Gayle <a href="mailto:jacquigayle@yahoo.co.uk">jacquigayle@yahoo.co.uk</a>
<b>Berkshire</b> ar81	Jane Stableford <a href="mailto:jstableford@janestableford.com">jstableford@janestableford.com</a>
<b>Cambridgeshire</b> ar66	Janine Parkinson <a href="mailto:j.Parkinson@ntlworld.com">j.Parkinson@ntlworld.com</a>
<b>Cumbria</b> ar25	Fay Bailey <a href="mailto:faybailey@hotmail.com">faybailey@hotmail.com</a>
<b>Devon</b> ar77	Laura Barbour <a href="mailto:reikilaura16@hotmail.com">reikilaura16@hotmail.com</a>
<b>East Yorkshire</b> ar38	Peter Roper <a href="mailto:peter.roper@odlings.co.uk">peter.roper@odlings.co.uk</a>
<b>Hampshire</b> ar82	Doreen Sawyer <a href="mailto:doreen.therapy@tesco.net">doreen.therapy@tesco.net</a>
<b>Merseyside</b> ar29	Susan Sinclair <a href="mailto:bsnrsinc@livjm.ac.uk">bsnrsinc@livjm.ac.uk</a>
<b>Lanarkshire North and South</b> ar15 and 19	Margo Nasmyth <a href="mailto:mnasmyth@blueyonder.co.uk">mnasmyth@blueyonder.co.uk</a>
<b>Perthshire</b> ar5	Sarah Renwick <a href="mailto:reikisarah@middlechurch.freemove.co.uk">reikisarah@middlechurch.freemove.co.uk</a>
<b>West Sussex</b> ar85	Heather Dewhurst <a href="mailto:h.j.dewhurst@btinternet.com">h.j.dewhurst@btinternet.com</a>
<b>Wiltshire</b> ar80	Anne Tottingham <a href="mailto:terryannetott@aol.com">terryannetott@aol.com</a>

If you are unable to contact the representative by email then please write to the office, and your communication will be forwarded. You should receive regular communications from the representative, who works on a voluntary basis, and it is very much appreciated by

them to receive some response from you. They will attempt to organise at least one event per year locally and will keep you informed of other events and developments within the Federation. They should also be your point of contact for organisation of events during Reiki Awareness Week (14-21 May 2005).

If there is no representative listed for your area, and you feel that you have the time and commitment to offer the Federation, then please contact the office for further details. Also, we have regional co-ordinators who are there to offer support to the area representatives over a number of areas within a region. Regional co-ordinators should be persons who are familiar with the workings of the Federation and able to stand in where there is no representative within a particular area. Similarly, if you could spare a few hours a month and have the necessary commitment, and would like to be considered for one of these voluntary roles, then please contact the office.

## **REVIEW & FESTIVAL 15-17 APRIL 2005**

A reminder to return your booking form as soon as possible, if you have not already done so. If for any reason you've not received, or have mislaid details, then a late booking form is enclosed (with this mailing only). We are filling up places fast now so please act quickly if you wish to attend.

## **RESEARCH, DEVELOPMENT & PIONEERS-BULLETIN No.2**

### ***UKRF RDP Workgroup update:***

#### ***Achievements to date and aims for the next quarter.***

Since the establishment of the RDP in May 2004, the workgroup co-ordinators have identified the route map the workgroup will need to follow in order to satisfactorily gain recognition by the mainstream healthcare profession.

If we as Reiki practitioners wish to be accepted within the NHS and Primary Care Trusts, the following criteria must be established prior to acceptance:

1. A clearly structured research framework producing quality medical research the profession can both recognise and validate the efficacy of Reiki, irrespective of personal belief and experiences with Reiki.
2. In order to achieve the above, Reiki practitioners themselves need to be able to evidence clearly defined professional standards. This will be achieved by certification acceptable within the framework of clinical governance and have the following objectives:
  - By achieving mutually agreed minimum standards, the requirements with regard to the

integration of clinical governance within complementary and alternative medicine will be met.

- By establishing a mutually agreed frame of reference, the practice of Reiki within the medical paradigm can be accepted for what it can achieve without false claims or unprofessional conduct.
  - By working within a common framework, together we can address concerns within the mainstream medical profession about the perceived lack of professional standards.
  - Once commonality is established, it will be much easier to gain acceptance and support of a mutually research methodology to further support the efficacy and efficiency of Reiki as a healing modality.
3. Once the above aims and objectives have been agreed, the framework for a certified training course in relation to Reiki and clinical governance will have been established. To achieve this framework, the RDP workgroup will seek the advice of academic and medical professionals and suitably qualified members of the UKRF (nurses, doctors, academics and other suitably qualified healthcare professionals)

#### **Actions:**

Establish RDP presence on the UKRF website providing outlines of best practice in different fields as previously defined in RDP bulletin 1.

- Establish ground rules of purpose and capabilities of the RDP workgroup to manage expectations.
- Produce existing research documentation and links to existing appropriate Reiki research websites and recommend related literature.

#### ***Example of Honorary Contract submitted by a member for a voluntary or paid position (Used in NHS trust for post of Volunteer Holistic Therapist)***

- The purpose of this post is to enable you to assist with patients on a voluntary basis as a holistic therapist at ..... NHS Trust.
- Your line manager will be .....(person, name and role) at .....(hospital or hospice) and you will be responsible to .....(person's name and role).
- The appointment is subject to termination at any time by a minimum period of four week's notice on either side.
- The appointment will be subject to the Trust's terms and conditions of service in so far as they are applicable to honorary staff. In order to ensure clarity the main points are contained below:

Your hours of work will be as stated in your timetable as laid down by the line manager.

There will be no payment made to you by .....NHS Trust and you do not have any entitlements to holidays, sickness payments or maternity leave payments. You are required to maintain your professional accountability and adhere to the codes and rules of

conduct of your profession (if you are a member of the UKRF you will have signed their Codes of Conduct), ensuring any statutory requirements for registration are maintained (UKRF membership fees and a recognised insurance provider).

You are required to maintain the strictest level of confidentiality at all times. Any matters of a confidential nature should not be divulged or passed on to an unauthorised person or third party under any circumstances except in the proper course of your employment or as required by the law, or by the ...NHS Trust.

This may include clinical information relating to the treatment and care of patients, personal information relating to employees' confidential records or other commercial and business information.

Should you have any grievance relating to your employment you are entitled to discuss the matter in the first instance with myself to whom you are responsible. Should you wish to view any policy of the Trust these are available in the .....

The Trust does not accept responsibility for your personal belongings which are lost or damaged at work by fire, theft, burglary or otherwise.

- You will also be required to satisfy the Trust's Occupational Health consultant that you are fit to undertake the post. An appointment will be arranged during the first week of your placement.
- If you agree to accept this appointment with the terms specified above, please sign the form of acceptance below. A second copy of this letter is attached and should be retained by you for your future reference.

Yours sincerely

.....(line manager, location)

I hereby accept the offer of an Honorary Contract for the post of **Volunteer Holistic Therapist** subject to the terms and conditions as laid out in the foregoing letter.

Signature: \_\_\_\_\_

Dated: \_\_\_\_\_

This offer and acceptance of it shall constitute a contract between the parties. The UKRF does not accept the implementation of the contract.

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*Caroline Anson and Robert Jefford.  
RDP Workgroup co-ordinators.*

## **DO YOU HAVE SPECIALISED SKILLS?**

We are interested in hearing from you if you offer Reiki treatments to specific groups of people e.g. athletes, dancers, the NHS sector etc. As we mentioned previously, we are often the first point of contact from people wishing to find out more about the practice of Reiki and we would like to be able to call on you should we have an enquiry that requires specialised knowledge relating to your special field of work.

We would also be grateful to receive any editorial concerning these special skills to include as articles in Resonance.

## **FUTURE PILOT STUDIES IN MIDWIFERY HEALTHCARE**

We attended a Conference for Midwives in Cheltenham in October, where there was a great deal of interest in using Reiki within this sector. We also placed an advertisement in the 'Midwifery Times' asking if anyone would be interested in taking part in future pilot studies, to which we've had a response. So if you are a midwife at Reiki practitioner level we would like to hear from you. Your contribution could prove very beneficial to many people.

Please email Mari Stevenson - [mari@reikifed.co.uk](mailto:mari@reikifed.co.uk).

## **NOS**

You were invited to comment and provide feedback on the draft National Occupation Standards developed by Skills For Health. As a result of this there will be a meeting on 9<sup>th</sup> February to evaluate this information and we will, in turn, provide you with feedback as part of the consultative process in developing the NOS.

For any new members, and as a reminder, Skills For Health works with professional regulatory bodies to develop competency frameworks and Professional Standards of Competence (also known as National Occupational Standards) that are recognised by government office and Education and Training institutions, and have a positive role in defining the Profession and good practice within it. National Occupational Standards are supported by Government departments in the four UK countries as having a key role in professional regulation and within qualification and accreditation regimes.

## **FAQ'S**

You may remember in issue 20 (June 2004) we asked if you would like to contribute any questions clients may have asked and you were able to answer effectively, or perhaps you would have liked to provide a more detailed answer. Can we take this opportunity to remind you about sending any contributions to the office? Because the Federation embraces all styles of Reiki, and its members have varying levels of expertise as Reiki practitioners, we feel this section appearing in future issues of the Development Newsletter will benefit our members. Please email the office marked: FAO the RDP Workgroup.

*This issue of the Newsletter edited by Carole Block*