



DEVELOPMENT NEWSLETTER

UK REIKI FEDERATION MAY 2006 - Issue 27

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WELCOME BY THE CHAIR

I would like to express my gratitude and appreciation to all who have served on the Management Committee over the past year. This year has seen some changes to our Management Committee.

We extend a warm welcome to Anne Tottingham as Committee Member, and congratulate Mike Randell on his election as Vice Chair. I also have pleasure in welcoming Andrew Holt to our Management team. Andrew's invaluable advice and guidance on our Constitution has been very welcome.

We were sorry to lose Penelope Quest, who had to step down for health reasons. I would like to express our gratitude and appreciation to her, as she has served the UKRF well and her warmth and wisdom will be sadly missed. We were also sorry to lose Sally Edwards as Treasurer, who for personal reasons had to step down during the year. I would like to thank Sally for her tremendous help with the accounts and audit for the 2001-2004 period. We wish them both well.

A great deal of time and effort was spent in reorganising the finances of the Federation and negotiating with HM Customs & Excise re our VAT position, and thanks to the sterling work of Doreen Sawyer, we have been classified as a philanthropic organisation and our subscription fees are therefore not liable for VAT.

Our office team, led by Doreen Sawyer, has once again performed outstanding work. Without their help and support the day to day running of the UKRF and its continued growth would be difficult, and well nigh impossible.

Lynda Hunter and Marressa Keeler have reorganised the Pioneer's section and plans are in place to ensure even more benefit to members and the public alike. We have an outline for presentations to GPs, Hospitals, etc, which will be made available to our members free by email, or for the cost of printing, post and packing. There will be

a charge to non members for this. Members will be advised when this becomes available.

The UKRF continues to work closely with the RRWG and a number of our members hold positions of responsibility. Doreen represents us on the Education sub group and is also RRWG Treasurer, Christianne Wyke is the Chair of the Codes & Ethics sub group, Mike Randell and myself are UKRF representatives.

At our Festival this year we saw an increase in the number of Regional and Area representatives. Their enthusiasm and commitment will, I am sure, bring the UKRF to the attention of a wider spectrum of people and organisations. With their help our planned "Meet the Members" events will be successful and again, help both membership and public alike.

With the continued help and support from our membership the UKRF will continue to remain in the forefront of Reiki within the UK. Our growing reputation, both here and overseas, is a reflection of the professionalism and expertise of our members and the hard work of our office volunteers.

My thanks to you all.

Dr Robert Jefford *Chair*

ANNUAL REVIEW

The Annual Review of the UK Reiki Federation was held at the University of Leicester on 22 April 2006. Nominations for Vice Chair and Committee Members have taken place and after voting Mike Randell was elected as Vice Chair, and Anne Tottingham as a Committee Member. There was no nomination for the Treasurer's role.

The Management Committee effective 1 April 2006 is therefore: Robert Jefford (Chair); Mike Randell (Vice Chair); Doreen Sawyer (Secretary and Acting Treasurer); Committee Members: Lynda Hunter, Christine Johnston, Amanda Laffoley, Anne Tottingham. Andrew Holt has subsequently been co-opted to the Committee as Legal Adviser. The proposal for amendment to the Constitution, previously circulated to membership, was approved.

RESEARCH, DEVELOPMENT AND PIONEERS.

As we move into a new year for the Federation our RDP team is made up as follows:

Robert Jefford - Co-ordinator
 Lynda Hunter - Research Support
 Marressa Keeler - Pioneers' Co-ordinator

We would like to focus on our need for support in this newsletter, not just from our Pioneer members, but from any Federation members who might be able to help.

Prior to Lynda becoming ill last Summer we were in the process of seeking support from Pioneer members working in specialist sectors to help us co-ordinate answers to queries from members. We were grateful to receive the support of Nigel Shipston who stepped forward to help within the mental health sector. At that time we were also beginning to gather studies from Pioneers who were willing to share outcomes of their own work with other members. Unfortunately Lynda's illness put a temporary hold on furthering this task but we are now in a position to further both ideas.

If we have any other Pioneer members who would be willing to act as a "reference point" for queries within their own fields of experience, we would be very grateful to hear from you. Practical current advice on how you are developing your Reiki would prove invaluable to others just setting out in your field of practice. We currently only have Nigel supporting us in this way.

We have a fairly constant stream of enquiries from both members and non-members regarding many and varied aspects of working with Reiki. We do our best to respond as fully as we can to our members and also to put them in touch with other members who may have experienced similar "Reiki situations". However, we are not actually a research organisation and our role is to try and assist our members wherever we can. We do not actually carry out research ourselves as we have no funding for this.

Please remember too that we all work on a voluntary basis and we often get overwhelmed with requests for advice. This is why we are asking for other Pioneer colleagues to give just a little of their

time to help us answer questions relating to specific areas of treatment.

Similarly if we have Pioneers who have run workshops or promotional Reiki events, please do contact us if you are willing to share what you have learned with your colleagues via our Pioneers' Noticeboard.

Please remember, whether or not you are a Pioneer, we are always delighted to receive information on your Reiki practice and its outcomes to add to our database of research and information. As valuable as specific research material can be, we find that many of our members just like to share communication with others and hear about ideas and practice which could help their own Reiki development. A few members have willingly and freely shared such information over the past year and this has been a tremendous help to us in assisting other colleagues. In particular I would like to thank Aine Gallagher for her study on Reiki in Pregnancy and Alison Wainwright for her study on Reiki and Stress in the Workplace. Both these members have generously given us lengthy material which they are willing to share with other members.

So ... if you too have a project or piece of individual research which you would be willing to share with us, please do contact Lynda who keeps this sort of information together for helping with our queries.

A lot of our gathered research is quite "bitty" and can take some "ploughing through" when we are looking for something specific and we would also like to thank another member, Steve Langton, who is also freely giving his time to help Lynda condense research material to make it more user friendly for members in the near future.

Other news:

Robert has made many significant advances in setting up links with other interested bodies on the use of Reiki within both the orthodox and complementary health sectors. He has established good working relationships with colleagues within the health service and with university hospitals, including a contact in Australia. Currently, Robert is liaising with Dr Susan Anthony and her healing network in the Southwest to arrange an exchange of research material.

Robert is also working on outlines for procedures to help our members give appropriate and adequate presentations when applying to work within the NHS. The team is also looking into ways to help members develop profiles useful to help them gain access to particular sectors, such as the NHS, nursing homes, education services etc. Again this is an area where we would be glad to hear from members who have had success and would be willing to share their methodology with colleagues. When this work is completed, we intend to provide this information free (except for postage & packing) to our members (on request) but to charge for it when approached by non-members.

In order to offer the best support we can to our members we need our membership to share as much information and findings from Reiki practice as possible. So please share with us anything you feel could be a significant addition to our bank of resources. **

If you are a Pioneer please would you be kind enough to contact Marressa **and** Lynda. If you are not a Pioneer, please contact Lynda who will forward appropriate information to Marressa. **In all instances, it helps us a great deal if we can communicate by email.** ** Please send us articles or letters for Resonance

Lynda Hunter
RDP rdp@reikifed.co.uk

NEW UKRF LOGO

After consultation with the membership, the overall opinion of changing the UKRF logo has been encouraging. We have taken on board the suggestions and comments that have been returned to us and have now passed the outline of ideas to Nick Ioannou, who designed the original logo, and he has agreed to look at the ideas with a professional eye. We will report back to the membership in due course.

Michael Randell

RESONANCE.

We are now offering members the opportunity to advertise their display advertisements in Resonance at half price. For rates and articles please contact resonance@reikifed.co.uk

UK REIKI FEDERATION CD FOR EXHIBITIONS & EVENTS

The PR team of the UKRF have produced a CD for use at events attended by the UKRF. This is a CD containing information about the Federation, its aims and some of the work within it. It uses powerpoint software for the presentation and any member who wishes to use a copy for assisting in their own talks, events etc may obtain a copy by sending a cheque for £2.50 to cover costs to the admin office, ie UK Reiki Federation, PO Box 1785, Andover, SP11 0WB. Please quote your membership number when writing.

media@reikifed.co.uk

REIKI AWARENESS WEEK 2006

As mentioned in previous newsletters, this is scheduled for 10-17 June 2006.

Members are invited to send in details of their events for Reiki Awareness Week (media@reikifed.co.uk) in order that these can be included in our promotional material. Details of events will be placed on the website for public information at the end of May.

Press releases have already been sent out to major publications and we hope to be supported by some of these.

If you would like a promotional pack containing press release and notices, which you can use to promote your event locally, please forward A4 size stamped addressed envelope (marked "RAW Info") to the office, giving your full name, address and membership number.

DISTANT HEALING

Anyone wishing for Distant Reiki to be sent should send an email to 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.

REIKI REGULATORY WORKING GROUP

The Reiki Regulatory Working Group (RRWG) continues to meet approximately every three months. A number of consultation documents about regulation are being prepared and it is planned to take these out to Reiki Practitioners for consultation at the end of 2006. The road shows are aimed at allowing UK Reiki Practitioners the opportunity to attend and offer feedback on the Draft Discussion Documents.

Roadshows

The planned road shows, which were mentioned in the last newsletter, are now confirmed as being:

September 2006

- 9th Stirling (Express Holiday Inn)
- 16th Newcastle (Express Holiday Inn)
- 23rd Manchester (Express Holiday Inn)
- 30th Belfast (University Street)

October 2006

- 7th Birmingham (Express by Holiday Inn)
- 14th Norwich (Holiday Inn Hotel)
- 21st Exeter (Express by Holiday Inn)
- 28th London (Greenwich)

November 2006

- 4th Newport (Express by Holiday Inn)

We would strongly recommend that as many of our members as possible visit the road shows and if you are interested please contact Barbaracompt@aol.com for exact times and locations.

At the present time there have been very few donations received from member organisations (including our own) to help pay for the roadshows. If you do wish to contribute please send your cheques to the office made payable to the Reiki Regulatory Working Group (marked "Roadshow" on the reverse please with your membership number.)

Funding & Lay Representation

The RRWG is currently applying to the Prince's Foundation for Integrated Health for funding, which

will mean that a Lay Chair needs to be appointed. Anyone with relevant experience within regulation and the chairing of meetings, who does not have any current relationship with Reiki can be considered. In addition the RRWG is still seeking Lay Members, who again should not have any existing relationship with Reiki. If you know of anyone who may be interested please contact us at vsr@reikifed.co.uk.

Education

An Education sub group has met on a regular basis and have discussed various aspects of Education in relation to Reiki Training. A number of issues have been discussed and a summary of the main ones are listed below. The group is required to submit its recommendations to the main RRWG group for consideration once they have finished their deliberations. Due to ill health Penelope Quest is no longer able to represent the UKRF on this group and Doreen Sawyer will take on this role.

As we are representing you, our members, it is important that you are part of this process and we give for your information, topics which have been discussed within the education sub group and the main RRWG, and which may be the subject of, or within, the consultation documents. **It is important** to stress that these are currently under discussion and not yet confirmed but we would value your feedback so that we can take the points forward to the RRWG meeting. Please note that we will not be able to respond to you individually regarding the comments made, due to volume of work and time involved. The recommendations made by the sub group, and subsequently agreed by the RRWG, will then be included in the Consultation Document which will be available at the Roadshows and via the RRWG website. You will then have opportunity to formally submit your comments. In the meantime any comments you wish to make via the UKRF representative should be sent in writing to education@reikifed.co.uk or to the Admin Office. Some of the topics include:

- All practitioners must be able to trace their Reiki lineage back to Usui. We would recommend to UKRF members that if you do not already have a copy of your lineage, that you start to work on tracing it now.
- Accreditation – there is discussion as to whether the group should be looking at accreditation of courses or of practitioners.

From an educational viewpoint it may be more appropriate for the group to be looking at how individuals should be accredited, rather than courses, as under normal circumstances courses are accredited by existing accreditation processes ie via Awarding Bodies in conjunction with Skills for Health and the Lead Body (ie RRWG).

- There will also be a need for the group to look at accreditation of prior experiential learning, ie what you have achieved so far, in order for those individuals who are practising to go on a register. A consultation document is currently awaited from the PFIH regarding this topic.
- Whether the course content is as important as the outcome of the course, and which should be assessed.
- Whether there should be a Core Curriculum or simply Requirements for Registration. The Federation's view on this is that a Core Curriculum is needed to help teachers to fully understand the requirements of NOS, including its content. However at the present time the group has decided not to follow this route but to provide "Requirements for Registration". This will be discussed further.
- There is a proposed recommendation that all attainments should be "in person"
- There is a proposed recommendation for a minimum number of learning hours, currently being considered at 50.
- There is a proposed recommendation that practitioners should have been practising Reiki for at least 6 months.
- There is a proposed recommendation of 100 treatments before being able to register as a Reiki practitioner. There is also debate as to whether these should be paid or unpaid. We would recommend that members ensure that they have comprehensive records of treatments they have carried out – which should have been kept anyway to meet requirements of the insurance companies and to comply with our Codes of Ethics.
- There is a discussion about individuals being assessed by a variety of methods prior

to being admitted to the register – this being in addition to achieving the NOS

- There is a question about who does the assessing

These topics will be discussed further in meetings to be held in May.

Codes of Ethics & Practice

Christianne Wyke, member of the UKRF, is Chair of the sub group and has contributed a tremendous amount of time and effort to the role. She has, with the team, produced various documents for consideration by the RRWG to be included within the Consultation Document regarding these issues. We are unable to provide more specific information at this time, but would congratulate Christianne for the work she has done.

RRWG Leaflet

The RRWG has finally finished its promotional leaflet (after almost two years of deliberation), and this should be available via the RRWG and the UKRF websites shortly for anyone wishing to print off copies.

There are a number of meetings being organised over the next two months in preparation for the roadshows and your representative will be in attendance. Please don't forget to forward your thoughts on any of the above issues (in writing).

Doreen Sawyer, Robert Jefford, Michael Randell
vsr@reikifed.co.uk

MERCHANDISE

There are various items for sale with the UKRF logo embroidered on. These include T Shirts and Sweatshirts in lots of different colours. You can obtain an Order Form from Mike Randell on sales@reikifed.co.uk or from the UKRF office. All orders are forwarded to our supplier on the first Monday of every month.

AUDIO NEWSLETTERS

For the benefit of our members who are visually impaired we are able to provide the newsletter and magazine on audio tape. For details and cost email resonance@reikifed.co.uk

EDUCATION

Continuing & Professional Development (CPD)

Professionals in most industries are required to take part in continuing professional development (CPD) and we as Reiki practitioners should be no exception to this. CPD will be part of the consultation document for the RRWG but it is the Federation's view that you should be starting your CPD now, if not already doing so.

CPD should not be seen as a chore. It is part of your self-development and you may find out you are actually doing it already! CPD allows you to maintain and build on your skills and knowledge. Hopefully it will encourage you to try new ways of working leading to improvements in terms of efficiency and/or quality.

CPD can be achieved in many ways:

- Attending courses
- Mentoring
- Job shadowing
- Study
- Distance learning
- Research
- Collaborative working
- Attendance at Reiki Shares

To name but a few. CPD must be accompanied by reflection to be effective. Before undertaking CPD in any form you should set yourself learning objectives. Afterwards you should reflect on the experience and how it has contributed to your self development. You should be able to use the experience to either reinforce your current practices or to introduce changes. Ideally you should record these to maintain a record of your CPD both for your own use but also to provide proof that it has been undertaken. We would suggest that you start to keep a file of activities you have undertaken which could be considered for CPD. Another point to consider is that it is not just the "number of hours" that you do, more the "quality" of what you do.

The Federation is not at present going to insist on CPD hours being completed, but you as practitioners should set your own targets. It may

well be a requirement of the National Register that you have evidence of CPD so we strongly recommend that you start now.

It is important for you to understand that CPD does not include your Level 1, 2, 3 or Teacher Training for Reiki, those are considered as your "core" training qualifications. However, any activity you undertake after you have reached practitioner or teacher level may then be considered, ie retreats, energy workshops, alternative styles of Reiki, therapies which will complement your Reiki, business practice etc. Attendance at Reiki Shares, work done on behalf of the UKRF and assisting with its development may all be considered.

To assist members in finding suitable avenues, the Federation has decided to produce a list of activities suitable for consideration for CPD. This list will be sent out with each Resonance magazine (from Autumn 2006), and will be available to members of the public or membership on request.

To have your course, retreat, workshop etc considered for inclusion on the list, you should send details (max 100 words) on an A4 sheet, together with cheque for £50. If appropriate it will be included on the list for 12 months. Each course will incur a separate fee. Details which should be included are Course title, qualifications required (if any), duration, location, contact details and dates if appropriate, but please note that the list is only distributed once every 4/5 months so inclusion of specific dates may not be appropriate. Please remember that basic Reiki Training is not applicable for CPD. This service is only available to current UKRF members and membership numbers should be quoted in all communications.

National Occupational Standards

Members have asked for an update on the National Occupational Standards (NOS) and we give here a summary of progress so far. Draft standards were submitted to QCA (Qualifications Curriculum Authority) at the end of last year. They have had to go through a number of approval and review stages, some slight modifications and revision to ensure consistency, but not with any changes to content. They now have to be submitted to the SSSA (Sector Skills Development Agency) for inclusion on the national NOS database as part of the approval process. The standards are believed to meet all the requirements of Skills for Health (the standard setting body for the health sector) and it

hoped that this final stage for recognition of the NOS will be completed soon. The final draft versions of the Reiki NOS are available on the Skills for Health website on <http://www.skillsforhealth.org.uk/frameworks.php>.

We would reassure members . . . “just for today do not worry” . . . there is no need for panic over the introduction of NOS, the process is fairly simple and we give here a brief summary of what happens next. Once the NOS are in place, an awarding body (such as VTCT, C&G, ITEC etc) can apply to offer a Reiki qualification. If it then wishes to develop or approve a qualification in Reiki, it would have to meet the NOS to be approved within the national qualifications framework (NQF). The proposed qualification would then be submitted to Skills for Health (SfH) as part of the approval process and would be referred to the RRWG to assess its relationship to the NOS and to guide the SfH decision as to whether they then supported the qualification. Once a qualification is approved then any training establishment (or teacher) may apply to the awarding body to offer the award, but would be required to meet the awarding body criteria for acting as a “centre”. This is a simplified explanation and hopefully will help remove the fear experienced by some.

Doreen Sawyer

education@reikifed.co.uk

PRINCE'S FOUNDATION FOR INTEGRATED HEALTH

The Prince of Wales's Foundation for Integrated Health has changed its name to The Prince's Foundation for Integrated Health.

The Prince's Foundation for Integrated Health has announced it will publish Exploring a Federal Approach to Voluntary Self Regulation of Complementary Healthcare for consultation on May 1st 2006 for a three month period ending July 28th.

The document responds to a report commissioned by the Foundation that examined three models for the regulation of complementary health practitioners and concluded that a federal voluntary structure was the best solution to promote consistent quality of care and public protection, while considering the financial limitations of individual therapists. The publication represents an

important milestone in the Foundation's on-going efforts to facilitate the development of voluntary self-regulation for the most widely-used complementary therapies.

The consultation is part of the Foundation's Department of Health-funded programme of regulatory activity which contributes to the wider integrated health agenda by raising standards and establishing accountability with an aim to protect and educate patients. Federal regulation protects patients by setting standards of practice, initiating a collaborative sense of professionalism for practitioners and encouraging professional development.

For further information or to request a copy of the document visit www.fihealth.org.uk, email regulation@fihealth.org.uk or call 020 3119 3100
From early May.

ANNUAL FESTIVAL

The UK Reiki Federation's Festival was held following the Annual Review on 22/23 April 2006. Delegates enjoyed a variety of workshops including “Reiki and Aspects of Spiritual Protection”, “Eastern Reiki Techniques”, “Ben Energy”, “Tapas Acupressure Techniques”, “Introduction to EFT”, “Dowsing for Food Intolerances”, “How Homeopathy and Reiki work together”, “Reiki Energy Mastery”, “Project Earth Alchemy”, “Seven Alchemical Levels” and “The Science of Reiki”. There was a general workshop which covered the diverse areas of the Federation's working teams including National Co-ordination & Networking, Media & PR, Education and other general topics. This led to a fruitful and welcome exchange of views and ideas and resulted in a large number of volunteers coming forward. Our thanks to all workshop providers who were Dr Susie Anthony, Carla Ferrari, Dr Robert Jefford, Joe Potter, Mike Randell, Doreen Sawyer, Anne Tottingham, and thanks to other members who helped over the weekend, particularly Sylvia Clegg who greeted members on arrival.

There were a number of stalls for members to purchase merchandise, two raffles, and a “give a caption” competition against a photograph of our Chair who graciously allowed us to raise money by putting a caption to a photograph of him taken at leisure; Kerry Keys from Aberdeen won a CD for her caption.

The weekend was deemed by many to the “best ever” and we were pleased to see not only “old” faces, but many “new”. We are particularly pleased at the number of people who offered both exchange of information, or who have volunteered to help in various ways and give thanks to all of them.

NATIONAL CO-ORDINATION & NETWORKING

We hope to announce shortly details of area representatives in a number of new areas. Currently we are represented by the following members:

| Contact | E-Mail Address/Area |
|-----------------------|--|
| Elizabeth Harley | elizabeth@reikitraining.org.uk Regional Co-ordinator |
| Annette Brooks-Rooney | annette@energise.uk.com Moray |
| Mark Brinsden | Aberdeenshire |
| Jacqueline Gayle | jacquiGayle@yahoo.co.uk Bedfordshire |
| Helen Avraam | healingstone05@aol.com Cheshire |
| Fay Bailey | faybailey@hotmail.com Cumbria |
| Laura Barbour | reikilaura16@hotmail.com Devon |
| Rifa Bhunnoo | rifa@brightonreiki.co.uk East Sussex |
| Peter Roper | eastridingreikiassociation@hotmail.com East Yorkshire |
| Helen Walker | info@innerenergy.co.uk Falkirk |
| Doreen Sawyer | doreen.therapy@tesco.net Hampshire |
| Mango Nasmyth | mnasmyth@blueyonder.co.uk North Lanarkshire |
| Sally Edwards | cherryblo1300060@aol.com Somerset |
| Anne Tottingham | terryannetott@madasafish.com Wiltshire |

We have previously mentioned our intention of organising events in the areas, which will give members the opportunity of meeting each other, and also members of the Management Committee, and through our NCN team we hope to make headway on this in the near future.

As part of the Reiki Awareness Week event in Andover, Doreen Sawyer is organising a Reiki Social, which has been extended to include UKRF members. Dr Robert Jefford will be giving a presentation to the meeting. It will be taking place at Weyhill near Andover, on Saturday 10 June 2006

7-9 pm. Tickets will be £5 for UKRF members, £7.50 for non members and profits will be shared between Naomi House Children’s Hospice and Diabetes UK. Tickets should be booked in advance by sending stamped addressed envelope and cheque (payable to “D Sawyer) for appropriate amount to: Manteia, PO Box 1877, Andover, SP11 9WT. Further details contact Doreen Sawyer on 07831 502764 or email doreen.therapy@tesco.net.

BACK COPIES OF RESONANCE

There are a limited number of back copies of Resonance Magazine. Please send a cheque made payable to ‘UK Reiki Federation’ quoting your membership number and full address to the ‘UKRF Back Orders, PO Box 1785, Andover, SP11 0WB

Still available are Resonance 1, 3, 5, and 6, and they all cost £2.00 each, plus £1.00 for postage and packing.

Also all back copies of Newsletters can be downloaded from the website.

LEAFLETS

Copies of the UK Reiki Federation Patient/Client Leaflet (pale blue) are available for purchase by members.

25 leaflets £3.50
50 leaflets £6.50
100 leaflets £12.00
200 leaflets £23.00

The new glossy UKRF Information leaflet is also available for 20p each.

To order leaflets please send your cheque made payable to the ‘UK Reiki Federation with ‘your membership number on the back, to ‘Leaflets, UK Reiki Federation, PO Box 1785, Andover, SP11 0WB’. Please include full details of your requirements, ie number of leaflets, title of leaflet, together with your membership number, full name and address all clearly printed. Prices include postage and packing.

The Information leaflets are popular with Teacher members who use them to advise their students about the Federation. The Patient/Client leaflets are an ideal way to explain about Reiki to both clients, and for those who would benefit from receiving information about it.

Editor: Christine Johnston.