



DEVELOPMENT NEWSLETTER

UK REIKI FEDERATION OCTOBER 2008 - Issue 35

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ANNUAL REVIEW 2009

We are pleased to advise that the 2009 Annual Review and Festival will be held on 17-19 April 2009 at the University of Leicester. See separate leaflet for details and booking information.

ANNUAL REVIEW 2010

In order to allow those of you with full diaries to book time for the Annual Review, dates for 2010 are 9-11 April 2010 at the University of Leicester.

NEW OFFICE

During the summer break, the administration office of the UKRF relocated to new premises. Negotiations had been taking place throughout the summer and finally we got the keys at 5 pm on the Friday night before the August bank holiday – we had never seen solicitors work so hard! Over the August bank holiday weekend Anthony Sawyer and Robert Jefford started the mammoth task of re-decorating an old Lloyds Bank premises, and for the following week worked tirelessly (averaging 12 hours per day) to enable the new office to be ready for occupation during the first week of September.

Thanks to a lot of hard work from Anthony and Robert, and other members of the office team, we were able to move on 1 September 2008. The sheer luxury of space and the new location have been welcomed by all who work in the office, and the Management Committee were suitably impressed at their first meeting in the new premises.

Members do not have to worry about addresses, as the postal address remains the same:

PO Box 71, Andover SP11 9WQ.

Note: Please ensure that any UKRF documents which you hand out have this address on it. The old PO Box 1785 is no longer in use!!!

We would also like to remind members that the UKRF telephone number is 01264 791441 and all other numbers are no longer in use.

PERFORMING RIGHTS

If you play music when giving treatments, or when giving talks or demonstrations, are you aware that you may need a licence or could be liable to prosecution?

Recently I asked an events organiser if I could play music which was on a CD produced by my own son, and was told that strictly speaking although I had his permission to use the CD, I should still have a licence.

If you are in any doubt then we would suggest that you check with the Performing Rights Society at 29-33 Berners Street, London, W1T 3AB or their website is www.prs.co.uk.

Doreen Sawyer

PRACTITIONERS – DO YOU MAINTAIN HIGH STANDARDS OF HYGIENE?

It is very easy to criticize others, but do you as practitioners think about your own presentation? Apart from the obvious washing of hands, have you considered other factors when giving a treatment (whether for paying clients or at reiki shares, exhibitions etc)? For example

- do you smoke – if so will you be breathing fumes over your client?
- have you eaten highly spiced or aromatic foods the night before or just before giving the treatment – not everyone likes the smell of garlic, onions or foods like curry!!
- Are your nails short enough?
- Are your nails clean?
- Are you wearing appropriate clothing and footwear, which are clean and presentable? – see the UKRF merchandise list if you wish to purchase UKRF tops etc.
- Is your hair clean and combed?
- Have you been drinking alcohol, is it still on your breath?

Your treatment area should be comfortable, sufficiently heated, clear of clutter and should give a good, professional impression to your client. Paper towelling or other materials should be used on your treatment couch, and should be changed for

individual clients. There is always the danger of cross infection if these standards are not adhered to.

We may take these things for granted but it is surprising how often comments are made by clients about the presentation of the therapist.

You should have all equipment to hand and should not need to leave your client during their treatment session.

Apart from these concerns for the client, you should also ensure that you think about yourself when giving treatments. Think about your own posture when working, fit in enough breaks during treatments and as required by occupational standards, make sure you are "Fit to practise".

Links which members may find useful :
www.businesslink.gov.uk/unfairtrading
www.nibusinessinfo.co.uk/unfairtrading (for Northern Ireland)
www.bgateway.com/unfairtrading (for Scotland)

NATIONAL CO-ORDINATION & NETWORKING: ONE DAY REGIONAL CONFERENCE

Although the Conference planned for Essex was cancelled due to lack of support, we were pleased to be able to hold the Western conference in Gloucester on 6 September 2008 at the Wildfowl & Wetlands Trust Slimbridge, Gloucestershire GL2 6BT.

The Slimbridge location was delightful, with delegates having to walk past a flock of beautiful pink Caribbean flamingos in order to get to the meeting room. Also whilst setting up we were supervised by two magnificent Russian Bewick Swans who watched us through the window as we were adjacent to the "Rushy pen" (also known as Swan Lake) which is frequented by migratory birds during the winter.

There were three talks during the day, with ample opportunity for delegates to "network" and get to know each other.



Doreen Sawyer started the day with an "Update on Regulation". Doreen is Secretary of the UKRF and

Treasurer of the Reiki Council. As well as holding a BSc (Hons) in Psychology & Technology, she is a qualified teacher, trainer and assessor and has worked extensively with Occupational Standards. As a multi disciplined practitioner and teacher, Doreen is on the Strategy & Reference Groups working with Skills for Health on the revision of National Occupational Standards for Reiki. In addition to being a Complementary Therapist, Doreen runs her own accredited training centre offering a range of therapy courses, as well as providing Business & Training Services.



Composer John Levine gave a talk entitled "Alphamusic: Music that meditates for you". His music is used and widely praised by a significant range of biomedical and alternative health professionals. John has been creating original music and playing piano since he was six. He graduated as a composer from Sydney University, Australia and spent several successful years in commercial music, producing for bands like INXS and Midnight Oil and writing jingles for Saatchi & Saatchi and Coco Cola.

Throughout this period, John pursued his belief in meditation and the healing properties of music. He finally left the mainstream to devote himself to developing his unique Alphamusic. Delegates were able to listen to a wide range of music produced by John, and for those who did not have the opportunity to do so can check out his website at www.silenceofmusic.com We are currently in discussion with John, who is likely to be able to offer discounts to UKRF members.



The day ended with a wonderful talk by Penelope Quest entitled "The Sound of Reiki". Penny never fails to enthral us with her inspirational and interesting talks which she has kindly given over the years. There was an opportunity to learn how to use Reiki with the voice for clearing the chakras and healing others, plus the chance to experience a Reiki Sound Treatment on a 24" Synodic Moon Gong, which was extremely powerful. Delegates

If you would like to be involved in helping to review the NOS and informing development of the new content, please contact Erica Treharne (Project Manager) at

Erica.Treharne@skillsforhealth.org.uk

Doreen Sawyer is the UKRF representative on the Reference Group, and is the representative for the Reiki Council on the Strategy Group.

CHILDREN IN NEED

To celebrate the opening of the new offices, the UKRF will be holding a one day fund raising event for Children in Need.

We will be offering taster sessions for nominal charge which not only raises money for a worthy cause, but also allows the UKRF to meet local people on an informal basis.

If you have decided to raise funds for Children in Need through your Reiki, then please send in your reports to Christine Johnston at resonance@reikifed.co.uk so that they may be considered for inclusion in the next Resonance magazine.

LEAFLETS

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

25 leaflets	£4.50
50 leaflets	£8.50
100 leaflets	£14.00
200 leaflets	£26.00

The glossy UKRF information leaflet is also available for 20 pence each.

To order leaflets please send your cheque made payable to the UK Reiki Federation with your membership number on the back, to 'Leaflets, UKRF, P.O.Box 71 Andover, SP11 9WQ. 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 those who would benefit from receiving information about it.

CHRISTMAS BREAK

The UKRF office will be closed from Thursday 25 December 2008 until Monday 5 January 2009, inclusive.

REGULATION

In July 2008 the Reiki Regulatory Working Group (RRWG) confirmed that it had completed its work towards regulation and would now be the Lead Body for Reiki. It was agreed that the Reiki Regulatory Working Group would be renamed the Reiki Council with effect from 15 July 2008, to reflect its new role.

Work which had been completed by the RRWG included the agreement and finalisation of documents covering

- Codes of Ethics & Practice for Reiki Practitioners in the UK
- Constitution for the Reiki Council
- Continuing Professional Development for Professional/Registered Reiki Practitioners
- Core Curriculum for Training of Professional Reiki Practitioners
- Grandparenting – Recommended Routes to registration for Reiki Practitioners in the UK

A summary of the main points from each document is given below.

Codes of Ethics & Practice for Reiki Practitioners in the UK

- Intended as guidance for Professional Reiki Practitioners
- Protects the interests of the public
- Describes recommended standards of conduct and practice
- Purpose is to ensure any complaints are dealt with in a fair, clear & impartial manner

Sections are:

1. Key values for practice
2. Client/Practitioner Relationship
3. Professional Obligations
4. Criminal & Civil Law

Constitution

Contains information about

- The Reiki Council
- Its Aims & Objectives
- Defines Membership
- Administration of the Reiki Council
- Accounting & Auditing
- Annual Meeting requirements
- Disciplinary Procedures

Continuing Professional Development

Contains information about CPD, including

- Range of learning activities through which professionals develop
- Explains that all professionals should undertake CPD
- Benefits of CPD
- Planning & Recording CPD
- Information about who would require this to be undertaken?

The Recommendations for CPD are 12 hours per year – 6 hours to be Reiki specific.

Grand parenting

This is the process which allows Reiki Practitioners to apply for national registration without having to undertake further training – provided they meet certain criteria

Four separate routes have been recommended within the Grand parenting document.

Core Curriculum

A Core Curriculum

- Is a framework on which courses can be developed
- Should be read in conjunction with National Occupational Standards
- Is not prescriptive re order of training ie teachers can decide how they teach
- Can be expanded and developed by teachers if they wish to include additional topics

The main recommendations are

- 75 full treatments (in person) which should be recorded – 5 need to be supervised by someone occupationally competent in Reiki
- Training period from beginning to completion of required elements – minimum 9 months
- Training to include at least 50 hours' in person learning
- Total hours minimum 150

Recommended breakdown of training showing in person (ie face to face contact), distant learning and total hours:

	In Pers	Dist	Total
Reiki – theory/practical	15	35	50
Practitioner skills	20	40	60
Practice management	15	25	40
Total	50	100	150

Recommendations regarding qualifications of tutors and assessors are:

Teachers of Reiki aspects:

- Hold Master/Teacher certificate in Reiki
- Be qualified practitioners with not less than 2 years' experience post qualification as a Reiki master

Non Reiki specific subject tutors or specialists

- should be qualified in their subjects or have experience relevant to the subject they are teaching

Assessors

Those assessing against the NOS should:

- Be occupationally competent
- Take the lead role in observation
- Be appropriately qualified for the role of assessor or be working towards an assessor qualification – to be achieved within 3 years
- Provide evidence of competence in this area

It is hoped to have all documents published and available shortly from the Reiki Council.

INTEGRATED HEALTH TRUST

You may recall that UKRF members have been invited to support them and to join their organisation in previous newsletters. The following request has been received from the IHT:

Testimonials required

A charity established to promote state of the art integrated healthcare in the UK is calling on members of the UK Reiki Federation to provide testimonials about the benefits of integrated healthcare.

The Integrated Health Trust needs some powerful personal stories to support its business plan and to use as case studies for the forthcoming campaign to launch the British College of Integrated Medicine.

The College will create fully accredited professional qualifications for doctors and nurses in Integrated Medicine, with the inaugural course starting in May 2009. It's the first phase in the charity's mission to see Integrated Medicine formally recognised as a medical speciality and an increase in access to supportive care, health assessment and proactive self-help for all patients.

The Trust is keen to show how CAM therapies and pro-active self help can turn people's health around, independently or together with conventional medicine. "Personal experience is a very powerful form of communication and we'd like named testimonials accompanied by a photograph, so please share your own experience or ask your clients," said Ali Jennings from the Trust.

Please contact Ali Jennings via email at ali@integratedhealthtrust.org quoting the UKRF as the source of your enquiry.

REIKI SHARES

A reminder to all those who hold Reiki Shares. If you change any details of your share please remember to send in details, quoting your membership number.

The revised Reiki Share list is circulated to all members in January so please ensure that any changes, or additions to the list, are advised prior to the Christmas break.

HOLISTIC HEALTH EXHIBITION

On 21-22 September 2008 our PR team once again attended the Holistic Health Exhibition at Donington in the Midlands.

We would like to thank our team of practitioners, viz Tessa Baldwin, Sylvia Clegg, Robert Jefford, Sue Parkes, Mike Randell and Anthony Sawyer for their very hard work in giving tasters throughout the whole event. As a result, we were delighted to be able to contribute £265 to LOROS, the Leicestershire & Rutland Hospice, a charity who provide care and support to terminally ill patients and their families.

Next year the event moves to the NEC Birmingham, also earlier in the year 26-27 April 2009.

PUBLICATION DATES FOR RESONANCE

Please send your articles, letters and poems to resonance@reikifed.co.uk with your membership number. Please ensure articles are no more than 1,000 words and are in Word as an attachment.

Date of issue	Issue	Deadline
January 2009	Resonance 17	End November 2008
June 2009	Resonance 18	End April 2009
December 2009	Resonance 19	End October 2009

NATIONAL CO-ORDINATION & NETWORKING

Area representatives are members who have volunteered to be a local contact for members. This list gives details of areas currently covered by a representative. If you have not heard from your representative in the last 3 months (by email) then please let us know and we will check to make sure that they have your details. Unfortunately area representatives are only able to communicate by email due to high telephone costs. However they are able to forward items to the office to be posted out to members without email, and we are pleased to forward on communications to representatives from local members.

If there is not a representative in your area and you think you may have the time to take on this role then please contact the Admin Office for details.

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DRIVING LICENCE

Do you own a UK Driving Licence which includes a small pink photo card (credit card size)? Do you realise that there is an expiry date on your card and many people are not aware of this and their licences have expired? Check yours now!

RESONANCE BACK ORDERS

We have a small number of old Resonance magazines available from the office. Details of availability is given below.

Resonance Magazine 1. Spring/Summer 2001
Pioneering Reiki in Prisons, A Whole New Way of Thinking, Reiki in Aberdare Hospital, Spiritual Development With Reiki, The Gakkai, Holistic Resources, Letters & Poems, Reiki in the UK. £1.00

Resonance Magazine 2 Autumn/Winter 2001 *Reiki & Living in Harmony, Fountain Centre, How Not to Run a Reiki Marathon, Life & Reiki, Reiki in John Taylor Hospice, the Origin of the Reiki Principles, We are All Healers, Reiki - by any other name, Enhancing Nursing Practice, Letters & Poems £1.00*

Resonance Magazine 3 Summer/Autumn 2002 *Reiki in Palestine, Reiki & Wands, Thought Field Therapy, Reiki in Usui's Times, My Angel Experience, UKRF Distant Healing Network, Letters & Poems, Did I Really Choose this Life, Reiki & Medical Students, Reiki & Palliative Care, Hands, Tora Or Project, Group Harmonising, 2003 Conference, Metamorphosis £2.00*

Resonance Magazine 6 Spring 2004 *Reiki & Horses, Reiki Awareness Week, Dancing to Happiness, Tibet/Nepal/India, Myth, Magic or Rip-Off, Education?, Science Behind Reiki, Look Beyond (A poem) £2.00*

Resonance Magazine 7 Autumn 2004 *Annual Review & Festival, Abundance Work, Reiki in Palestine, Reiki Training within the NHS, Healing Hand Network, Reiki an Industrial Perspective, The British Peace Garden Project, Healing the Scar of Emotional Abuse £2.00*

Resonance Magazine 8 Spring 2005 *Reiki with Horses & Owners, Vitality through Connection, Letters, Life & Death, Sacred Dance, Resonance & the Builders* £2.00

Resonance Magazine 10 Autumn 2005 *Is Reiki Opposed to Christian Teaching, Spirit Attachments, The Science of Reiki, Reiki Goes Pink, Reiki, My Journey, Scared Reiki Students, Forgotten Reiki Precept, Lucy, Reiki As a Support Service, Living with the Reiki Principles Today, Holistic Health Exhibition* £2.50

Resonance Magazine 11 Summer 2006 *Reiki in a Homeless Hostel, Reiki with Children, Reiki at the Emmerdale Extravaganza, Reiki in Bangladesh, Energy Within & Without, Expansion within the NHS, Seek Not the Absolute, Caleb a Case Study, Reiki Session Records, Healing the Waters of Niagara, Parallels, Is Reiki Anti Christian, Reiki Dawning* £2.50

Resonance Magazine 12 January 2007 *Buddha in Ladakh, Healing in the Mainstream, Chain Reaction, Reiki Inspirations, The Treasure House Within, Reiki Dreams, Self Regulation, Setting up a Cancer Support Group, Reiki for Guinea Pigs, Angelic Reiki, Flower Power, Reiki Love* £2.50

Resonance Magazine 14 Winter 2007 *Universal Rainbows, Shifting Energy Work into the 21st Century, Karuna Reiki Experience at Stonehenge, Spiral Rivers of Golden Light, Back in Balance, Holistic Health Exhibition, Reiki Rescue Remedy, Reiki Awareness Week Success, One Day Seminar* £2.50

Resonance Magazine 15 Spring 2008 *The Changeling, What Other Skills Do Therapists Need?, The Diva of the Inner Child, Why a Diagnosis Might Make you ill, Resonance, The Role of Cellular Memory in Organ Transplants & Energy Work, Planet Healing Group, Waka Poetry, Pause for Thought, Reviewing, The Reiki Drum Technique, The Mirror Between, Personal Corporate Integrity Within Reiki, Distant Healing, My Friend Reiki.* £2.50

Please clearly state the Resonance Magazine number and date when ordering, not forgetting to include your full name, address and membership number. Non members should add £1.00 to their order. Postage & Packing is £1.50 on all orders. Please make cheques payable to the "UK Reiki Federation" with your membership number on the back. Send your order request to "Back Orders", UK Reiki Federation, PO Box 71, Andover, SP11 9WQ.

MEMBERSHIP STATUS

Practitioner members who do not keep the office up to date with copy of their current insurance will have their membership temporarily amended to Associate level until records are brought up to date. Unless you are in the UKRF insurance scheme you should forward copy of your insurance certificate when you renew your insurance each year. If you are with Balens through another scheme you still need to forward a copy of your certificate.

WEBSITE ENTRIES

Please remember that the Practitioner List, which is part of Practitioner membership, is the database listing held in the office which is used for all referrals. The website listings are merely a copy and these are updated approximately every 4-6 weeks. If you have asked for an amendment please wait at least 4-6 weeks before contacting the office about any changes.

FIRST AID IN THE OFFICE

Members of the admin office and Management Committee lined up for their bandaging session at the recent first aid course held in the office.



Editor: Christine Johnston

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

Membership Request Form, UK Reiki Federation, PO Box 71, Andover, Hants SP11 9WQ or enquiry@reikifed.co.uk