

Complementary Healthcare NOS

Reiki - Discipline Specific Content

Introduction

The practice of Reiki is an original method of healing, developed by Mikao Usui in Japan early in the 20th century. Reiki is a natural healing energy that works on every level, not just the physical, and promotes the body's regenerative self healing ability.

Reiki is non-invasive and is used holistically to restore balance in mind body and spirit.

Ways of Delivering Reiki

1. Reiki practice

- a) hands on the body
- b) hands near the body
- c) from a distance

2. Potential outcomes of Reiki

- a) healing responses
- b) changes in the client's physical, emotional, mental and spiritual well-being
- c) maintenance and stability
- d) palliative
- e) possible need for reassessment of medication by prescriber

Knowledge and Understanding

3. Reiki principles, scope, methods and techniques

- 3.1 the concept of physical, emotional, mental and spiritual health and well-being that is consistent with the practice, principles and theory underlying Reiki
- 3.2 a history and development of the Reiki styles you practice
- 3.3 the reasons for having received person to person attunement / initiation for your Reiki style, prior to practising in a professional context
- 3.4 the principles behind; Reiki systems (the context); and Reiki energy (the flow)
- 3.5 the importance of the practitioner using self-treatment
- 3.6 how to apply your Reiki style, systems and teachings
- 3.7 how to choose the most appropriate 'way' to meet the needs of the client
- 3.8 your teachers lineage to Mikao Usui
- 3.9 the range of possible recipients for your Reiki style (e.g. animals/humans/ plants) and any restrictions to practice (e.g. veterinary/ legal)
- 3.10 its relationship to other healthcare practices

4. Providing Reiki

- 4.1 the importance of explaining Reiki to the client
- 4.2 the factors to explore with the client including:
 - a) history of the client's health, effective functioning and physical, emotional, mental and spiritual well-being including any particular conditions and treatments
 - b) how the client perceives Reiki to fit in with his/her personal goals
- 4.3 the role which the client (and others) may take, and may need to take, if the Reiki is to be successful and how to explain and agree them with the client (and any companion)
- 4.4 how to support the client to make informed choices
- 4.5 the importance of agreeing the location and timing of Reiki with the client, and the factors which may intervene and alter plans

- 4.6 how to acknowledge conditions for which Reiki may be incomplete in itself and for which the client should seek advice from other sources
- 4.7 the circumstances when you may choose to not accept a client:
 - a) the client does not want Reiki
 - b) you do not wish to provide Reiki
 - c) the client has an urgent medical need
- 4.8 the circumstances when discernment is required in accepting a client:
 - a) you do not have the requisite experience or expertise
 - b) the circumstances where medical referral is essential
- 4.9 how to tailor Reiki appropriately for the needs of each individual
- 4.10 how to monitor and evaluate changes in the client and use this information to inform future practice
- 4.11 the importance of active listening in providing and evaluating Reiki with the client
- 4.12 how to evaluate efficacy and suitability of Reiki with the client and whether continue treatment
- 4.13 the advice which may given with regard to:
 - a) rest and relaxation
 - b) re-hydration
 - c) possible use of self-help techniques
 - d) onward referral as relevant
 - f) possible ongoing/intensifying/reduction of symptoms in the short term

5. Anatomy and physiology

The practitioner needs basic knowledge of:

- 5.1 the skeletal structure and the functions/location of the major organs
- 5.2 physical conditions to identify the appropriateness of Reiki
- 5.3 physical conditions in sufficient detail to communicate effectively with the client and/or other stakeholder
- 5.4 red flag symptoms (i.e. conditions requiring immediate medical aid and/or notifiable diseases)