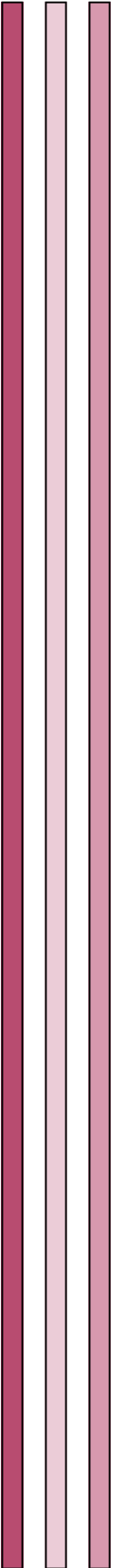


# The Reiki Regulatory Working Group



## The Future of Reiki- Through Voluntary Self-Regulation Discussion document



# The Future of Reiki through Voluntary Self-Regulation

## Reiki Regulatory Working Group July 06

To give feedback to the RRWG's Education and Accreditation Discussion Document, please use the questionnaire at the back of this booklet, or available separately, to give your responses to the questions posed throughout the document. You can return your responses by post or email. The deadline for responses is: 31<sup>st</sup> December 2006.

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Further copies of this document can be downloaded from: [www.reikiregulation.org.uk](http://www.reikiregulation.org.uk).  
For hard copies of this document, contact Rosemarypharo@tiscali.co.uk



# The Future of Reiki through Voluntary Self-Regulation (VSR)

## SECTION 1: Background to the RRWG

This section describes how the RRWG was established, its purpose and the way it works.

### **RRWG statement of intent**

“Our mission is to explore and establish public and professional standards to regulate the practice of Reiki in the UK”.

### **1.1 Where did this work start?**

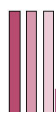
The House of Lords report in 2000 accepted that voluntary self- regulation (VSR) was sufficient for the vast majority of complementary healthcare professions.

In 2003, Reiki organisations met to discuss the possibility of working through VSR and agreement was reached that they would work together so that progress could be made on identifying consistent, high professional standards. In the first instance this meant the development of a single UK Register for professional Reiki practitioners and a single regulatory body.

This initial meeting led to the establishment of the Reiki Regulatory Working Group (RRWG) and the agreement of the aims and objectives of the group:

### **Aims and Objectives**

- work towards Voluntary Self-Regulation (VSR)
- develop a unity of standards between all Reiki groups, allowing for variation in styles
- arrive at a consensual definition as to what Reiki is
- prepare a safe code of professional practice of Reiki, including disciplinary and complaints procedures
- development of minimum standards
- setting up of a national register of Reiki Practitioners and Teachers.



**Reiki Regulatory Working Group**

The Prince's Foundation for Integrated Health (PFIH) provided initial funding and support for the establishment and the development of the RRWG and is now offering funding (provided by the Department of Health) and support for the next step in the regulation programme.

## 1.2 Where are we now?

It is important that we remember that the regulatory process is about looking after the clients' needs and we need to keep in mind that this is the underlying reason for working towards voluntary self- regulation.

The RRWG discussed and through consensus agreed that there should be regulation of title for registered practitioners- 'UK Registered Reiki Practitioner'. The RRWG has been working on each of four main areas. The following four sections highlight the key issues associated with the setting up of the single UK register.

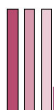
1. Registration.
2. Education & Accreditation.
3. Code of Ethics and Practice.
4. Continuous Professional Development.

The RRWG has also formulated a working description of Reiki taking into account the many differing styles:

**"Reiki" (ray-key) is Japanese for 'universal life energy'**, a term used to describe many systems of natural healing. This healing tradition was founded by Dr Mikao Usui in the early 20th century and evolved as a result of his research, experience and dedication.

We live in a world of energy that nourishes and maintains all living things. When this energy flows uninterrupted there is balance and harmony within us and we experience a sense of well being.

There are many variations of Reiki, but in essence it is a healing process that works at bringing us into balance and reinforces the body's natural ability to heal itself at all levels, whether physical, mental, emotional or spiritual. It is a tradition that is open to any belief system.



**Reiki Regulatory Working Group**

**Reiki is a healing process** that anyone can benefit from in the normal course of their life and may also bring help and comfort to people suffering from a range of conditions. It should not, however, be regarded as a cure for such conditions. As a natural form of healing Reiki can support and enhance other forms of treatment.

**The method of receiving Reiki** from a practitioner is simple. The recipient remains clothed and lies on a couch or sits on a chair and relaxes. The practitioner gently places their hands non-intrusively, on or near the body.

There is no massage or manipulation and the whole person is treated rather than specific symptoms. It is also possible to receive Reiki at a distance.

**Reiki practitioners are not trained in diagnosis** and will not offer any diagnosis or prognosis. If people are concerned about their symptoms they should see a doctor. They may or may not feel sensations during a session and most people feel relaxed and at peace afterwards. However, Reiki could stir up emotions or lead to a healing reaction, such as headaches or flu-like symptoms.

**Reiki is taught by Reiki Masters**, who have trained in the tradition passed on in person from Master to student.

Students go through a process of initiation/attunement to the Reiki energy. They are then able to treat themselves and others, not only from a healing perspective, but also as an aid to personal development and spiritual growth.

Question 1: What are your views on the description of Reiki?

## Section 2: Introduction

### 2.1 What are the consultation documents about?

The consultation documents produced by the Reiki Regulatory Working Group (RRWG) are about the voluntary self-regulation (VSR) of Reiki and proposals about the establishment of a voluntary



**Reiki Regulatory Working Group**

single UK Register for professional Reiki practitioners\* and the processes that will support registration.

*\*a professional Reiki practitioner will hereafter be referred to as a registrant.*

The RRWG is totally committed to the preservation of Reiki as a spiritual practice and healing art. We respect and honour all styles and traditions of Reiki and wish to reassure practitioners that the consultation process it is not about regulating the practitioners' style of practice.

The RRWG has produced three consultation documents relating to Reiki Standards:

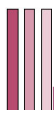
- Education & Accreditation.
- Code of Ethics & Practice.
- Continuing Professional Development (CPD).

The documents are designed to give you the opportunity to contribute to the decision making process about the future of Reiki in a professional setting. Your views are vital to this process.

**Please read all the documents and please reply- it is important that we know your views on the future of Reiki in a professional setting.**

## **2.2 Who has prepared the consultation documents?**

The Reiki Regulatory Working Group (RRWG) was set up to establish a UK register of professional Reiki practitioners, through the route of Voluntary Self-Regulation. As part of this remit we are committed to inclusive consultation with Reiki practitioners and interested parties, through publication of draft Discussion Documents and a series of road shows in the UK, which will take place in September and October.



**Reiki Regulatory Working Group**

The RRWG is made up of representatives from:

**British Complementary Medicine Association (BCMA)**

**Complementary Therapists Association**

**Federation of Holistic Therapists (FHT)**

**Independent Professional Therapists International (IPTI UK)**

**Open Reiki Group**

**Reiki Association**

**Reiki Healers and Teachers Society (RHATS)**

**RCN Complementary Therapy Forum**

**The Reiki Alliance**

**The Tera-Mai™ Association**

**UK Reiki Alliance**

**UK Reiki Federation**

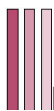
When we have a consensus of agreement from UK Reiki practitioners, teachers and interested parties about the standards, they will apply to every registrant. We look forward to receiving your responses as part of this process.

### **2.3 How can you respond to them?**

We are offering you the opportunity to respond in three ways:

- we have published the consultation documents, which include a full explanation of our proposals and ask for feedback through paper copies
- we have put the consultation documents on our website at [www.reikiregulation.org.uk](http://www.reikiregulation.org.uk) and you can use the website to forward your views
- we are holding a series of road shows across the United Kingdom, which are open to anyone to attend.

Please answer the questions set out in the consultation documents. To assist you in providing a response you will find a separate questionnaire at the end of each discussion document.



**Reiki Regulatory Working Group**

Responses are welcome from individuals or groups. Please forward your response either by email to: [feedback@reikiregulation.org.uk](mailto:feedback@reikiregulation.org.uk) or through the post to 58 Radnor Park Road, Folkestone, CT19 5AY.

## 2.4 Facing the future

The aim of VSR is to ensure the safety of the public who receive Reiki from a registrant. The RRWG believes in the importance of Voluntary Self-Regulation and are committed to the process.

We believe that as healthcare professionals it is vital to protect the health and well being of those who use or need professional Reiki practitioners in any circumstance.

In its work the RRWG has identified some key areas:

- the fundamental purpose of regulation is to ensure that practitioners can provide healthcare safely
- VSR will allow for inclusiveness and diversity of practice and traditions
- a registrant will be someone who is eligible for registration on the UK Reiki Register
- regulation needs to be proportionate to the risks faced, avoid undue burdens of extra bureaucracy or cost, and aim for the simplest approach which promotes patient safety.

**Question 2: What are your views on the key areas?**

Many people undertake Reiki training for self-development and personal use and may also wish to continue to use it informally on friends or family. The proposed requirements for registration do not apply to those whose wish is to use it in this way, though we welcome their feedback on the draft consultation documents.

For others, offering Reiki becomes their profession and the draft consultation documents relate to this, and the registration requirements which the registrant will need to meet to be on the UK Register and to be able to call themselves a UK Registered Reiki practitioner.



We also feel it is important to suggest three possible routes to registration for you to consider (see the Education and Accreditation discussion document for more details).

1. Accreditation of the individual.
2. Accreditation of supplementary courses.
3. Accreditation of complete courses.

The purpose of VSR is to ensure that the public wishing to use Reiki practitioners have sufficient information to make wise choices and have the reassurance of knowing that they are being treated by competent, ethical practitioners.

### **Section 3. The Consultation Process**

#### **3.1 Timetable.**

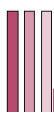
The consultation will last five months, from July to 31<sup>st</sup> December 2006. We are keen to receive comments from all interested individuals or organisations.

For information about the meetings and the latest information about the consultation documents please visit the website [www.reikiregulation.org.uk](http://www.reikiregulation.org.uk).

#### **3.2 Why have the consultation documents been produced?**

The consultation exercise is intended to be an open and inclusive process. These documents are designed, as stated in our remit, to give you the opportunity to contribute to the decision-making process about the future of Reiki in a professional setting.

The aim of this consultation is to provide you with the opportunity to respond to our proposals. So you should bear in mind that any response you send to the RRWG could be made public. For instance, we may quote your views on a topic to help to illustrate a point. If you wish to remain anonymous please indicate this when you return your questionnaire.



**Reiki Regulatory Working Group**

### 3.3 What is the deadline for responses?

The closing date for responses is 31st December 2006.

### 3.4 What will happen after the consultation period ends?

When the consultation period has ended, all responses will be independently analysed. We will base any decisions about the consultation documents on your responses. We will include any changes to the proposals as a result of your feedback, which relate to our remit of making sure Reiki practitioners provide safe and effective practice.

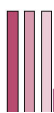
After the consultation period, the RRWG will publish a document summarizing the views from the feedback and any amendments to the proposals on the Standards for Reiki.

### 3.5 Road show events programme

At each session, members of the RRWG will present the proposals. After the presentation you will be able to ask questions or make comments.

### RRWG ROADSHOWS 2006

The RRWG will be launching its consultation on 9<sup>th</sup> September. Our public meetings are open to anyone. We will be holding meetings in each location- if applying to reserve a place please indicate your preference for morning (10.30am to 12.30pm) /afternoon (2pm to 4pm). Please contact [Barbaracompt@aol.com](mailto:Barbaracompt@aol.com) to reserve a place.



**Reiki Regulatory Working Group**

## **We will hold two meetings in each location – see below for details**

### **9<sup>TH</sup> SEPTEMBER – STIRLING**

Express Holiday Inn (0191 224 6850)  
Springkerse Business Park, Stirling, FK7 7XH

### **16<sup>TH</sup> SEPTEMBER-NEWCASTLE**

Express Holiday Inn (01786 449922)  
Waterloo Square, St. James Boulevard, NE1 4DN

### **23<sup>RD</sup> SEPTEMBER – MANCHESTER**

Express Holiday Inn (0161 868 1000)  
Salford Quays, Waterfront Quay, Manchester M50 3XW

### **30<sup>TH</sup> SEPTEMBER – BELFAST**

Express Holiday Inn (028 903 11909)  
106 University St., Belfast, BT7 1HP

### **7<sup>TH</sup> OCTOBER – BIRMINGHAM**

Express Holiday Inn (0161 868 1000)  
Birchley Park (M5 Junc 2), Oldbury, B69 2BD

### **14<sup>TH</sup> OCTOBER – NORWICH**

Holiday Inn Hotel (0870 4009060)  
Ipswich Road, Norwich, NR4 6EP

### **21<sup>ST</sup> OCTOBER – EXETER**

Express Holiday Inn (01392 261000)  
Guardian Way, Exeter Bus Park, EX1 3PE

### **28<sup>TH</sup> OCTOBER – LONDON**

Express Holiday Inn (020 8269 5000)  
Bugsby Way, Greenwich, SE10 0GDS

### **4<sup>TH</sup> NOVEMBER- NEWPORT (WALES)**

Express by Holiday Inn (0870 9904083)  
Lakeside Drive, Coedkernen, Newport



### 3.6 Background to Voluntary Self-Regulation

The public has the right to expect health care services to be provided by appropriately trained, safe, competent and regulated practitioners, who comply with effective self-regulation.

Standards of training and practice vary enormously. This makes it very difficult for the public to identify who and who is not an appropriately trained professional Reiki practitioner. A voluntary system of regulation needs to be developed and strengthened if the public are to be able to make informed choices. A single, publicly available, up to date register of qualified UK Registered Reiki practitioners is at the heart of effective self- regulation.

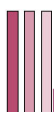
Our challenge is to show registrants who are professional Reiki practitioners - that is those who create the expectation of a therapeutic relationship, whether or not they charge for a treatment and including those that use it as part of a self care regime for clients- that the key is to find a model which strikes a balance between light touch regulation, while at the same time maximizing patient choice and supporting practitioners' freedom to practise.

Taking VSR forward after the consultation period will require skilful negotiation and willingness to compromise.

*Features of an effective voluntary self-regulatory body.*

An effective voluntary self-regulatory body:

- maintains a register of individual members
- sets educational standards and runs an accreditation system
- maintains professional competence among its members with an adequate programme of Continuing Professional Development
- provides a code of conduct, ethics and practice
- has in place a complaints mechanism for members of the public
- has in place a disciplinary procedure that is accessible to the public
- requires members to have adequate professional indemnity insurance
- has the capacity to represent the whole profession
- includes external representatives to represent patients or clients and the wider public interest.



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Recent changes in the regulatory landscape mean that the question has arisen as to whether public protection can best be assured through small, separate regulatory bodies.

Outside complementary healthcare, there has been a move away from single regulatory bodies, towards composite/federal bodies which regulate several professions.

VSR of healthcare professions also need to avoid duplications and overlaps, which could happen if single regulatory bodies were used.

A federal structure is similar to an umbrella-style body over distinct and separate therapies, and may provide a useful structure for the development of consistent, high standards for the complementary health care sector. This allows the regulatory body to take on the full range of regulatory requirements and could result in lower registration fees for individual registrants.

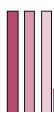
*A proposed federal style for complementary healthcare professions could be similar to that used by the Health Professions Council (HPC). Core regulatory requirements remain necessary - effective registration, education and training standards and fitness to practise processes.*

We also need to be aware of changes around the idea of best practice, including stakeholder representation. Regulatory Bodies are now expected to have significant lay (public) members who work alongside professional members.

Additionally any voluntary regulation for complementary practitioners needs to take account of practitioners' therapeutic beliefs and holistic ways of working.

Reiki has come a long way in terms of professional development. This includes how to reconcile different traditions within Reiki, to be inclusive in determination of where to pitch educational levels, and the extent to which public safety should take precedence.

In complementary health care the *lack of* any fixed basis of regulatory structure could provide a real opportunity to establish an overarching model of voluntary regulation which is responsive to current best practice - including forthcoming protections for children and vulnerable adults, and compliance with the Better Regulation Task Force (BRTF) Principles.



**Reiki Regulatory Working Group**

A federal body could do much to improve public protection, provide a solid way to take things forward and could be added to at a later date. This would seem the most appropriate framework for those of us working through Voluntary Self-Regulation:

- this model could help to produce a framework for ensuring consistent, high standards and provides the public with a single point of reference if anything goes wrong
- it would achieve economies of scale including the possibility of creating single structures/mechanisms for accreditation, registration, standards setting and fitness to practice including profession specific areas
- it would have the funding necessary to market itself and develop a programme of public education about the merits of using appropriately regulated practitioners
- it could provide multi-therapy practitioners with the possibility, providing they meet the requirements of registration for all the therapies they practise, of paying one registration fee.

The success of any regulatory proposals will be the extent to which they facilitate safe and effective practice by competent, qualified complementary practitioners and attract widespread support.

**Question 3: What are your views about a federal style of regulatory body?**

### **3.7 What will the future look like?**

From an agreed date, once all the necessary standards and processes are in place, there would be a single voluntary Reiki register for all those who want to be registered practitioners, together with a regulatory body to manage the register and its associated functions.

The single register is likely to be maintained as an electronic up-to-date database, containing the names of all those who will have met the agreed criteria for entry onto the register. All registrants will be required to apply individually, 'sign-up' to a Code of Ethic and Practice, commit to Continuing Professional Development (CPD) and agree to abide by the Reiki National Occupational Standards (NOS) as an integral part of initial and continuing registration.



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The Prince's Foundation for Integrated Health (PFIH) commissioned a report to look at possible regulatory body structures, and a draft consultation document was published looking at a possible regulatory structure which suggests the federal style would be the best way forward for complementary healthcare professions... \*please see the PFIH website for details: [www.fih.org.uk](http://www.fih.org.uk).

The PFIH concluded that the way forward should concentrate on developing a federal body and provide a potential framework for any future regulator. A new model will need to take into account the unique needs of a voluntary system, and that the regulatory controls are proportionate and appropriate to complementary healthcare.

An event is planned by the PFIH for the autumn of 2006 to present recommendations based on the results of the consultation, and a report will be published.

A provisional timetable has been suggested by PFIH to give some idea of the timescales which may be involved, if there is agreement for a federal regulator to be established. It is envisaged that arrangements for the voluntary council could be developed from October 2006, with the shadow council established by December 2007.

The RRWG will be involved in this consultation process on the behalf of all UK Reiki practitioners working in a professional setting and will keep them fully informed of any developments.

Question 4: What are your views about this section?

### **3.8 National Occupational Standards (NOS)**

Reiki Teachers from diverse styles of Reiki worked with Skills for Health to produce a draft Reiki National Occupational Standards (NOS) consultation document. After a consultation period which included UK meetings the final Reiki NOS document is now available to download from the RRWG website.



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## National Occupational Standards- from Skills for Health website

### What are National Occupational Standards?

National Occupational Standards (NOS) are statements of competence describing good practice and are written to measure performance outcomes. They are competences which describe what needs to happen in the workplace - not what people are like. They are a source of information to help people make informed decisions about:

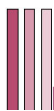
- the demands of employment
- good practice in employment
- the coverage and focus of services
- the structure and content of education and training and related qualifications.

NOS can be used by:

- **individuals** to help them develop their own knowledge and skills, and improve their own performance and to gain credit for their achievements
- **people who offer education and training** through identifying individuals' learning needs, defining the learning outcomes which individuals need to achieve, and acting as the basis of qualifications
- **workers and agencies** to improve the quality of the services they offer.

National Occupational Standards are:

- developed by a body recognised by Government usually a sector skills council such as Skills for Health, in collaboration with the range of interests across the sector
- designed to meet the technical criteria laid down by the Qualifications and Curriculum Authority (QCA) and the Scottish Qualifications Authority (SQA)
- applicable across the United Kingdom.



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## **SECTION 4: REGISTRATION**

### **4.1 What are the four areas for consideration?**

There are four main areas for you to consider:

- Registration
- Education and Accreditation
- Code of Ethics and Practice
- Continuing Professional Development (CPD).

### **4.2 What are the key issues, including definition of a registered Reiki practitioner?**

The four main issues are:

- defining a registered Reiki practitioner
- the entry requirements of current Reiki practitioners
- the acceptance of first time applicants on to the register
- renewal of registration.

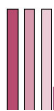
### **4.3 Defining a registrant**

We propose that an individual will need to meet the requirements of National Occupational Standards (NOS) for Reiki (including the description of knowledge and understanding), the educational requirements defined by the “Proposed Regulatory Body” and sign up to the Reiki Code of Ethics and Practice and CPD requirements.

### **4.4 Applying for registration.**

All applicants to the new register will be required to apply individually for registration.

The main reason for this is that the public need to know that there has been a meaningful process undertaken to ensure that all those on the new single register have met broadly comparable training and professional standards.



**Reiki Regulatory Working Group**

Individual registrants, once accepted, will be entering into an agreement and committing themselves to the new regulatory body, its standards and its procedures.

Each applicant could be required to:

- confirm in a personal statement that they have read and understood the UK NOS for Reiki, and that they can meet the proposed Educational standards
- having read the Code of Ethics and Practice, they commit themselves to practice in accordance with it
- having read the CPD requirements, that they commit themselves to fulfilling them.

#### **4.5 What could the registration application form look like?**

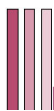
Individual application forms could require the following:

- basic information: name, address, date of birth, practice details etc
- evidence of training undertaken
- personal statement confirming that the NOS and associated documents have been read, understood and that the applicant's practice meets those standards
- commitment to undertake ongoing CPD
- completed questionnaire regarding the understanding of Code of Ethics and Practice and the applicant's commitment to comply with the Codes
- a self-declaration regarding criminal convictions, together with an agreement that the applicant's name be checked with the existing Criminal Record Bureau check (if applicable at their place of work).

#### **4.6 Renewal of Registration**

Registration could be renewed:

- annually
- every two years- as for members of the Health Professions Council
- every three years- as in the nursing profession.



**Reiki Regulatory Working Group**

Question 5: What are your views on proposals for applying for registration and the possible application form?

Question 6: What are your views about renewal times for registration?

Question 7: Do you feel that there should be a minimum number of hours practised in order to renew registration. If so, how many would you suggest?

Three sub groups were formed to develop draft consultation documents for proposed Standards for Reiki. A questionnaire is available at the end of each of the consultation documents. More detailed consultation documents are available on the RRWG website - [www.reikiregulation.org.uk](http://www.reikiregulation.org.uk).

#### **4.7 Education & Accreditation**

Education & Accreditation:

- To provide a draft which sets educational standards and an accreditation system for registrants.

#### **4.8 Code of Ethics and Practice**

The aim is:

1. To provide a draft Code of Ethics and Practice.
2. To provide a draft complaints mechanism for the public.
3. To provide a draft disciplinary procedure which is accessible to the public.

After the consultation period the Reiki Code of Ethics & Practice document will be subject to legal advice.



## 4.9 Continuing Professional Development (CPD)

The document provides a draft which aims to show the importance of maintaining professional competence through an adequate programme of CPD. Proposed standards for CPD are included in the draft consultation document.

## SECTION 5: THE WIDER CONTEXT-THE WAY FORWARD

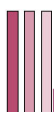
Originally the RRWG's remit related to developing proposals for a single regulatory body and a working title for the "proposed regulatory body" was suggested - UK Reiki Council.

Events in the wider community in relation to regulation have since shown us that we need to review the idea of a single regulatory body for Reiki.

Nothing has been wasted in what has already been undertaken. We need to show we are united within our own profession.

The RRWG has already shown that Reiki practitioners from diverse styles working in a professional setting can work together to find common ground..

How best can we serve clients? With rapid changes in the regulatory environment we can see this as an opportunity to introduce truly innovative self- regulatory processes. Whilst maintaining the diverse character of Reiki, we seek to protect the public and support individual freedom of choice.



**Reiki Regulatory Working Group**



## The Future of Reiki through Voluntary Self-Regulation

Reiki Regulatory Working Group July 2006

Questionnaire replies.

**PLEASE DETACH THIS SECTION FROM THE DOCUMENT AND RETURN YOUR ANSWERS TO:**

[feedback@reikiregulation.org.uk](mailto:feedback@reikiregulation.org.uk)/RRWG FEEDBACK 2 Bonsor Road, Folkestone, CT19 5ET by 31<sup>st</sup> December 2006

**PLEASE GIVE YOUR CONTACT DETAILS:**

Name:

Telephone:

Address:

Email

**PLEASE INDICATE IF YOU ARE A REIKI PRACTITIONER&/TEACHER:**

I am a Reiki Practitioner   I am a Reiki Teacher   (Please circle/delete)

If so, please indicate the style of Reiki that you practise:

**PLEASE INDICATE IF YOU ARE REPLYING AS AN INDIVIDUAL/ON BEHALF OF AN ORGANISATION:**

I am replying as an individual

I am replying on behalf of an organisation (Please circle/delete as appropriate)

**Your views could be made public. If you would like your views to remain anonymous please indicate so here.**



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Question 1: What are your views about the description of Reiki?

Question 2: What are your views on the key areas?

Question 3: What are your views about a federal style of regulatory body?

Question 4: What are your views about this section?



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Question 5: What are your views on proposals for applying for registration and the possible application form?

Question 6: What are your views about renewal times for registration?

Question 7: Do you feel that there should be a minimum number of hours practised in order to renew registration. If so, how many would you suggest?

Any other comments



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