

## **CHR 1 Evaluate and process requests for Reiki**

### **About this workforce competence**

This workforce competence covers evaluating the suitability of Reiki for the client. You need to be able to relate to each person as someone with his or her own particular reasons for requesting Reiki and clarify their expectations of undergoing Reiki. You also need to make clear your legal and professional boundaries for providing Reiki. This competence depends on your being able to communicate effectively to develop an understanding of the client's requirements and how these can be met.

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: Core 1 Communication

Level: 2

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR 1      Evaluate and process requests for Reiki**

### **Scope**

#### **Communicate**

Includes:

- orally
- non-verbally
- in writing

#### **Particular requirements**

Includes:

- the client's personal beliefs and preferences
- the client's age, gender and physical condition
- communication differences
- physical support and access
- emotional and psychological support

#### **Requests for services**

Includes:

- potential or current clients
- someone acting on behalf of the client (e.g. parent, carer or appointed person)
- other healthcare practitioners

## CHR1 Evaluate and process requests for Reiki

### Performance criteria

*You need to:*

1. evaluate **requests for services** for their appropriateness
2. suggest alternative service providers to clients where appropriate
3. **communicate** in a manner, and at a level and pace appropriate to the individual
4. establish the client's **particular requirements** through sensitive questioning
5. ensure that any fee structures, costs and different methods of payment are clearly understood
6. explain possible outcomes, and duration of services to the client
7. arrange a suitable time and location for the assessment and agree those who should be present
8. explain clearly the reasons for any delay between requests and assessment
9. record arrangements made for the assessment fully and accurately

## **CHR 1 Evaluate and process requests for Reiki**

### **Knowledge and understanding**

You need to apply:

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of the importance of accurately assessing the client's needs
- K12. a working knowledge of the importance the appropriateness of the complementary healthcare in meeting the client's needs
- K13. a working knowledge of effectively planning Reiki to meet the client's needs
- K14. a working knowledge of the importance of adhering to national guidelines when providing Reiki
- K15. a working knowledge of methods of evaluation and review

K16. a working knowledge of relevant anatomy, physiology and pathology

## **CHR 2      Assess the client for Reiki**

### **About this workforce competence**

This workforce competence covers preparing for assessment and assessing the client to establish their needs with regard to Reiki to ensure that the most appropriate course of action can be taken. You need to comply with statutory/ legal and professional requirements. You need to be able to relate to the client and/ or their companion and maintain an environment of mutual trust and confidentiality. This competence depends on your being able to communicate effectively through sensitive questioning and active listening, to develop a full understanding of the requirements of the client and how these can best be met.

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: Core 1 Communication

Level: 2

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR 2      Assess the client for Reiki**

### **Key words and concepts**

**In a fit state to provide Reiki**      physical health, emotional balance, not under the influence of mind altering substances, receiving Reiki regularly

### **Scope**

**Professional appearance**      Includes:

- own presentation
- personal hygiene

**Work area is suitable**      Includes:

- ventilation
- lighting
- heating
- level of noise
- privacy
- space
- cleanliness and orderliness

**Initial approach and manner**      Includes:

- appearance
- body language
- behaviour
- posture and gait
- breathing pattern

**Confirm individual roles**

Includes:

- the client's identity
- the companion's identity
- the role which the client wishes their companion to have and the information the companion should receive
- the identity and roles of any practitioners present

**Communicate**

Includes:

- speech
- actions, gestures and body language
- space and position
- the written word or illustrations
- specialised professional hand contact

**Particular requirements**

Includes:

- the client's personal beliefs and preferences
- the client's age, gender and physical condition
- communication differences
- physical support and access
- emotional and psychological support

**Explore**

Includes:

- history of the client's health, effective functioning and physical, emotional, mental and spiritual well-

being including any particular conditions and treatments

- how the client perceives Reiki to fit in with his/her personal goals

**Assessment methods**

Includes:

- oral questioning
- observation
- listening

**Unsafe**

Includes:

- client
- practitioner

**Appropriate explanation**

Includes:

- current state of health, effective functioning and well-being
- personal beliefs and preferences
- age and level of understanding
- cultural and social background
- awareness and understanding of their condition and any prescribed medication

## CHR2 Assess the client for Reiki

### Performance criteria

You need to:

1. present a **professional appearance** and be prepared and in a fit state to carry out the assessment
2. ensure that any equipment, materials, and surrounding **work area** are prepared and meet professional codes of practice, legal and organisational requirements
3. evaluate the client's **initial approach and manner** to assess their needs
4. introduce the client and any companion to those present and **confirm individual roles**
5. **communicate** effectively and in a manner which maintains client goodwill, trust and confidentiality
6. explain the nature, scope and duration of the assessment
7. inform the client of the records to be made and their right of access to these
8. encourage the client to ask questions, seek advice and express any concerns about the assessment
9. confirm the consent of the client or their companion to the assessment
10. ensure that the interaction with any companion(s) is appropriate to the needs of the client and yourself
11. respect the client's privacy and dignity throughout the assessment and ensure they are as comfortable as possible
12. conduct the **assessment** in a manner which encourages the effective participation of the client and meets their **particular requirements**
13. comply with professional and legal requirements
14. **explore** and establish the client's needs for Reiki
15. seek advice and support from an appropriate source when the needs of the client and the complexity of the case are beyond your own remit or capability
16. halt the assessment at the request of the client or when the information obtained

indicates that it is **unsafe** to proceed

17. inform the client when additional information is required and obtain their consent to obtain the information
18. evaluate the information obtained before and during the assessment and determine appropriate action
19. explain the outcomes of the assessment clearly and in a manner, level and pace **appropriate** to the client
20. maintain appropriate records, in line with professional and legal requirements

## **CHR 2      Assess the client for Reiki**

### **Knowledge and understanding**

*You need to apply:*

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of effectively planning Reiki to meet the client's needs
- K12. a working knowledge of the importance of adhering to national guidelines when providing Reiki
- K13. a working knowledge of methods of evaluation and review

### **Assessing the client's needs and the appropriateness of the complementary healthcare**

- K14. a factual knowledge of how to provide an appropriate assessment environment for the client and the importance of doing so
- K15. a factual knowledge of how to select, prepare and use a range of equipment and materials that are needed to assess the client

- K16. a factual knowledge of how to prepare and present yourself correctly to carry out assessment
- K17. a factual knowledge of why it is important to introduce everyone present and confirm their role within the assessment process
- K18. a factual knowledge of how to clarify and confirm the client's (and any companion's) understanding of the assessment process
- K19. a working knowledge of how to interpret the client's initial approach and manner and identify their needs
- K20. a working knowledge of how to select and use different assessment methods effectively
- K21. a factual knowledge of the amount of time which each assessment method is likely to take to establish the client's needs
- K22. a working knowledge of the importance of respecting the client's privacy and dignity and affording them as much comfort as possible during assessment
- K23. a working knowledge of how to establish valid and reliable information about the client, determine the priority of need and to formulate your initial assessment
- K24. a factual knowledge of how to determine the meaning and significance of the information given by the client and how to deal with any inconsistent information gained during assessment
- K25. a working knowledge of why it is important to acknowledge your own limitations and when there may be a need to refer the client on to other healthcare practitioners
- K26. a factual knowledge of why it is important to explain the reasons for any delay between requests and assessment
- K27. a working knowledge of the appropriate actions to take on the basis of the assessment to suit the client's condition and identified needs.

### **Anatomy, physiology and pathology**

- K28. a basic awareness of the skeletal structure and the functions/location of the major organs
- K29. a basic awareness of physical conditions in sufficient detail to

- a) identify whether Reiki:
- is appropriate
  - must be used with caution
  - is contra-indicated
  - is inappropriate
- b) communicate effectively with the client and/or other stakeholders
- K30. a factual knowledge of red flag symptoms (i.e. symptoms of conditions requiring immediate medical aid and/or notifiable diseases)

## **CHR 3 Plan Reiki with the client**

### **About this workforce competence**

This workforce competence covers planning for Reiki with the client, providing them with information on your particular Reiki approach to enable them to make informed choices on the course of action to be agreed. You need to be able to relate to the client and/ or any companion and maintain an environment of mutual trust and confidentiality. This competence also depends on your being able to communicate information effectively and being responsive to any queries

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: Core 1 Communication

Level: 2

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR3 Plan Reiki with the client**

### **Scope**

### **Options**

Includes:

- hands on the body
- hands near the body
- from a distance
- client positioning

### **Potential outcomes**

Includes:

- healing reactions
- interaction of Reiki with medications
- interaction of Reiki with other treatments
- changes in the client's physical, emotional, mental and spiritual well-being
- maintenance and stability
- palliative

## CHR3 Plan Reiki with the client

### Performance criteria

You need to:

1. explain the Reiki style and treatment **options** available which meet the client's circumstances, identified needs and their personal beliefs and preferences
2. discuss the treatment and **potential outcomes** with the client, check their understanding and support them to make informed choices
3. explain any restrictions to the use of Reiki and advise on realistic expectations
4. advise the client when Reiki is unsuitable and enable them to seek other healthcare where appropriate
5. agree the location, duration, costs and timing of Reiki and make the necessary arrangements
6. recommend and agree action to suit the client's condition and identified needs
7. explain how Reiki will be evaluated and reviewed
8. determine issues of confidentiality and legal constraints with the client and confirm their agreement
9. maintain appropriate records, in line with professional and legal requirements
10. obtain the consent of the client or, if required, their companion to proceed
11. ensure that the interaction with any companion(s) is appropriate to the needs of the client and yourself

## **CHR3 Plan Reiki with the client**

### **Knowledge and understanding**

*You need to apply:*

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of the importance of accurately assessing the client's needs
- K12. a working knowledge of the importance the appropriateness of the complementary healthcare in meeting the client's needs
- K13. a working knowledge of the importance of adhering to national guidelines when providing Reiki
- K14. a working knowledge of methods of evaluation and review

### **Planning and Providing Reiki**

- K15. a factual knowledge of the importance of explaining Reiki and self-treatment

- options and methods to meet the needs of the client and the potential consequences of not explaining these
- K16. a working knowledge of the role which the client (and others) may take, and may need to take, if the Reiki or self-treatment is to be successful and how to explain and agree them with the client (and any companion)
  - K17. a working knowledge of how to support the client to make informed choices
  - K18. a factual knowledge of the importance of agreeing the location and timing of Reiki with the client, and the factors which may intervene and alter plans
  - K19. a factual knowledge of why evaluation methods should be determined at the planning stage and what the client's role will be in the evaluation
  - K20. a working knowledge of the importance of encouraging the client to be as actively involved as possible and the relationship of this to the promotion of their physical, emotional, mental and spiritual health, and well-being
  - K21. a working knowledge of how to monitor and evaluate changes in the client, assess which changes are related to Reiki and use this information to inform future practice
  - K22. a working knowledge of how to evaluate efficacy and suitability of the complementary healthcare for a client and how to decide when it should be halted and/or discontinued
  - K23. factual knowledge of methods and processes for evaluating information as Reiki proceeds and using this to inform future practice
  - K24. a factual knowledge of the importance of giving clear guidance on self-treatment
  - K25. a factual knowledge of the possible outcomes associated with client self-treatment and the extent of your responsibilities

### **Anatomy, physiology and pathology**

- K26. a basic awareness of the skeletal structure and the functions/location of the major organs
- K27. a basic awareness of physical conditions in sufficient detail to

- a) identify whether Reiki:
- is appropriate
  - must be used with caution
  - is contra-indicated
  - is inappropriate
- b) communicate effectively with the client and/or other stakeholders
- K28. a factual knowledge of red flag symptoms (i.e. symptoms of conditions requiring immediate medical aid and/or notifiable diseases)

## **CHR 4 Provide Reiki**

### **About this workforce competence**

This workforce competence covers providing Reiki for the client in a safe and appropriate manner, ensuring the comfort of both the client and yourself throughout; and advising clients on aftercare to support their physical, emotional, mental and spiritual well-being. You need to be able to relate to the individual and maintain an environment of mutual trust and confidentiality and to interact with the client in a professional manner, being responsive to any feedback. This competence also depends on your being able to communicate effectively to ensure that the client has a clear understanding of the aftercare and any possible reactions that they might experience.

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: HWB7 Interventions and treatments

Level: 3

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR4 Provide Reiki**

### **Key words and concepts**

#### **In a fit state to provide Reiki**

physical health, emotional balance, not under the influence of mind altering substances, receiving Reiki regularly

### **Scope**

#### **Professional appearance**

Includes:

- own presentation
- personal hygiene

#### **Work area**

Includes:

- cleanliness and orderliness
- ventilation
- lighting
- heating
- level and nature of noise
- privacy
- space

#### **Reiki**

Includes:

- hands on the body

- hands near the body
- from a distance

### **Responses to Reiki**

Includes:

- physical
- mental/emotional
- intensifying/ reduction of symptoms
- request to stop Reiki

### **Recommended aftercare actions**

Includes:

- rest and relaxation
- re-hydration
- possible use of self-help techniques
- onward referral as relevant
- possible ongoing/intensifying/reduction of symptoms in the short term

## CHR4 Provide Reiki

### Performance criteria

You need to:

1. present a **professional appearance** and be prepared and in a fit state to carry out Reiki
2. ensure that any equipment, materials, and the surrounding **work area** meet professional codes of practice, legal and organisational requirements
3. position the client for effective access and to minimise risk of injury to self and to give as much comfort as possible to the client
4. reassure the client and encourage them to relax and interact as needed
5. carry out **Reiki** safely and appropriately
6. make appropriate adjustments to the Reiki to meet the client's changing needs
7. if appropriate, explain the treatment as it is being carried out
8. react effectively to deal with **responses to Reiki**
9. check the client's comfort and well-being throughout the Reiki and give reassurance where needed
10. provide the opportunity for client feedback after the Reiki
11. explain the **recommended aftercare actions** to be taken by the client
12. check the client's understanding of the recommended aftercare
13. respond to questions and concerns of the client and offer appropriate advice
14. acknowledge the rights of the client not to adopt your recommendations
15. ensure the client is fit to travel before they leave the premises
16. evaluate the experience you have gained from working with the client to inform future practice

## **CHR4 Provide Reiki**

### **Knowledge and understanding**

*You need to apply:*

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of the importance of accurately assessing the client's needs
- K12. a working knowledge of the importance the appropriateness of the complementary healthcare in meeting the client's needs
- K13. a working knowledge of the importance of adhering to national guidelines when providing Reiki
- K14. a working knowledge of methods of evaluation and review

## **Planning and Providing Reiki**

- K15. a factual knowledge of the importance of explaining Reiki and self-treatment options and methods to meet the needs of the client and the potential consequences of not explaining these
- K16. a working knowledge of the role which the client (and others) may take, and may need to take, if the Reiki or self-treatment is to be successful and how to explain and agree them with the client (and any companion)
- K17. a working knowledge of how to support the client to make informed choices
- K18. a factual knowledge of the importance of agreeing the location and timing of Reiki with the client, and the factors which may intervene and alter plans
- K19. a factual knowledge of why evaluation methods should be determined at the planning stage and what the client's role will be in the evaluation
- K20. a working knowledge of the importance of encouraging the client to be as actively involved as possible and the relationship of this to the promotion of their physical, emotional, mental and spiritual health, and well-being
- K21. a working knowledge of how to monitor and evaluate changes in the client, assess which changes are related to Reiki and use this information to inform future practice
- K22. a working knowledge of how to evaluate efficacy and suitability of the complementary healthcare for a client and how to decide when it should be halted and/or discontinued
- K23. a factual knowledge of methods and processes for evaluating information as Reiki proceeds and using this to inform future practice
- K24. a factual knowledge of the importance of giving clear guidance on self-treatment
- K25. a factual knowledge of the possible outcomes associated with client self-treatment and the extent of your responsibilities

## **Anatomy, physiology and pathology**

- K26. a basic awareness of the skeletal structure and the functions/location of the major organs

- K27. a basic awareness of physical conditions in sufficient detail to
- a) identify whether Reiki:
- is appropriate
  - must be used with caution
  - is contra-indicated
  - is inappropriate
- b) communicate effectively with the client and/or other stakeholders
- K28. a factual knowledge of red flag symptoms (i.e. symptoms of conditions requiring immediate medical aid and/or notifiable diseases)

## **CHR 5 Evaluate the effectiveness of Reiki**

### **About this workforce competence**

This workforce competence covers evaluating the effectiveness of the Reiki with the individual and reviewing the need for / suitability/ appropriateness of further Reiki for the individual. You need to be able to relate to the individual and/ or any companion and maintain an environment of mutual trust and confidentiality.

This workforce competence depends on your being able to communicate effectively to ensure that the individual has a clear understanding of the outcomes of the Reiki and any modifications that may be needed to meet their needs.

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: Core 1 Communication

Level: 2

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR 5 Evaluate the effectiveness of Reiki**

### **Scope**

#### **Outcomes:**

Includes:

- changes in the client's physical, emotional, mental and spiritual health and well-being
- maintenance and stability
- palliative

#### **Evaluation**

Includes:

- client's experience of the Reiki
- extent to which Reiki has met the expectations of the client
- the client's broader needs

other factors which may have influenced the effectiveness of the Reiki

## CHR5 Evaluate the effectiveness of Reiki

### Performance criteria

You need to:

1. discuss the **outcomes** of Reiki and its effectiveness in a manner, level and pace suited to the client
2. encourage the client to **evaluate** their Reiki and suggest possible modifications to further Reiki
3. agree future Reiki requirements with the client
4. encourage clients to take responsibility for their own physical, emotional, mental and spiritual health and well-being
5. advise the client where Reiki is unsuitable and support them to seek other healthcare where appropriate
6. obtain the client's consent to pass on confidential information, where appropriate
7. maintain appropriate records, in line with professional and legal requirements
8. store the records securely and in compliance with relevant legislation
9. interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
10. evaluate the experience you have gained from treating the client to inform future practice

## **CHR 5 Evaluate the effectiveness of Reiki**

### **Knowledge and understanding**

*You need to apply:*

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of the importance of accurately assessing the client's needs
- K12. a working knowledge of the importance the appropriateness of the complementary healthcare in meeting the client's needs
- K13. a working knowledge of effectively planning Reiki to meet the client's needs
- K14. a working knowledge of the importance of adhering to national guidelines when providing Reiki

### **Evaluating and reviewing the effectiveness of Reiki**

- K15. a working knowledge of what information is needed for the review to be carried out effectively
- K16. a working knowledge of how to review the effectiveness of Reiki with the client and evaluate the extent to which their needs have been met
- K17. a working knowledge of the importance of evaluating the broader effects of Reiki
- K18. a working knowledge of how and why you should encourage the client (and any companion) to take a full and active part in the review process and offer their views
- K19. a factual knowledge of how the client (and any companion) may indicate concerns in the process without making their concerns clear and explicit
- K20. a factual knowledge of the importance of active listening in evaluating Reiki with the client
- K21. a working knowledge of the range of different ways in which Reiki can be altered to meet the needs of the client and the ways in which their needs may have changed
- K22. a working knowledge of why it is necessary to help and support the client to consider the implications of any changes made to their programme of care
- K23. a factual knowledge of how to record the content and outcomes of the review process and what information should be included
- K24. a working knowledge of the variety of reasons there may be for discontinuing Reiki with the client

### **Anatomy, physiology and pathology**

- K25. a basic awareness of the skeletal structure and the functions/location of the major organs
- K26. a basic awareness of physical conditions in sufficient detail to
  - a) identify whether Reiki:
    - is appropriate

- must be used with caution
- is contra-indicated
- is inappropriate

b) communicate effectively with the client and/or other stakeholders

K27. a factual knowledge of red flag symptoms (i.e. symptoms of conditions requiring immediate medical aid and/or notifiable diseases)

## **CHR 6 Enable the client to practice and use Reiki related self-treatment**

### **About this workforce competence**

This workforce competence covers enabling individuals to practise and use self-treatment in a safe and appropriate manner. You need to be able to determine the most appropriate self-care option to meet the needs of the individual. You also need to be able to relate to and interact with the client in a professional manner and be responsive to any feedback from the client. This competence depends on you being able to communicate skills and information effectively and to establish that learning has taken place. You must also be qualified to teach Reiki.

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: HWB7 Interventions and treatments

Level: 2

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR 6 Enable the client to practice and use Reiki related self-treatment**

### **Key words and concepts**

**In a fit state to advise and educate the client** physical health, emotional balance, not under the influence of mind altering substances, using Reiki for self- healing, qualified to teach Reiki

### **Scope**

#### **Work area**

Includes:

- ventilation
- lighting
- heating
- level and nature of noise
- privacy
- space
- cleanliness and orderliness

#### **Professional appearance**

Includes:

- own presentation
- including appropriate dress/adornment

## **Self-treatment**

- personal hygiene

May include:

- visualisation
- affirmation
- intention
- breathing techniques
- relaxation techniques
- meditation techniques
- use of Reiki for self-healing
- awareness of healthy eating options

**Responses to the self-treatment procedure(s)** May include:

- physical
- emotional/mental
- intensifying/ reduction of symptoms

## **Effects of using self- treatment**

Includes:

- client feels empowered
- client feels more positive
- client experiences changes in physical, emotional, mental and spiritual well-being

## **CHR6 Enable the client to practice and use Reiki related self-treatment**

### **Performance criteria**

You need to:

1. present a **professional appearance** and be prepared and in a fit state to advise and educate the client
2. ensure that self-treatment information is sufficient to advise and educate the client
3. explain the recommended self-treatment and tailor this to meet the client's identified needs and preferences
4. clarify the potential outcomes of the use of self-treatment with the client, check their understanding and support them to make informed choices
5. explain how the outcomes of learning and adopting self-treatment will be evaluated and reviewed
6. determine issues of confidentiality with the client and confirm their agreement
7. ensure that the **work area** is appropriate for the client and their needs
8. clarify and agree the client's understanding of their role and responsibilities in relation to learning self-treatment
9. advise and teach the client the appropriate **self-treatment**
10. check the client's well-being throughout self-treatment and give reassurance when needed
11. react promptly and effectively to deal with **responses to self-treatment**
12. confirm the client's understanding of the recommended treatment and their use of it
13. respond to questions and concerns of the client and offer appropriate advice
14. advise the client on appropriate action to take if they have concerns whilst using self-treatment

15. acknowledge the rights of the client not to adopt your recommendations
16. encourage the client to note any **effects of using self-treatment** in sufficient detail for use in any review
17. provide the opportunity for client feedback following self-care
18. ensure the client is fit to travel before they leave the premises.
19. interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
20. maintain appropriate records, in line with professional and legal requirements

## **CHR 6 Enable the client to practice and use Reiki related self-treatment**

### **Knowledge and understanding**

*You need to apply:*

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of the importance of accurately assessing the client's needs
- K12. a working knowledge of the importance the appropriateness of the complementary healthcare in meeting the client's needs
- K13. a working knowledge of effectively planning Reiki to meet the client's needs
- K14. a working knowledge of the importance of adhering to national guidelines when providing Reiki

### **Supporting Self Treatment**

- K15. a working knowledge of how to judge whether self-treatment procedure(s) is/are appropriate for the client
- K16. a factual knowledge of the importance of explaining Reiki and self-treatment options and methods to meet the needs of the client and the potential consequences of not explaining these
- K17. a working knowledge of the role which the client (and others) may take, and may need to take, if the Reiki or self-treatment is to be successful and how to explain and agree them with the client (and any companion)
- K18. a factual knowledge of the importance of giving clear guidance on self-treatment
- K19. a factual knowledge of the possible outcomes associated with client self-treatment and the extent of your responsibilities

### **Anatomy, physiology and pathology**

- K20. a basic awareness of the skeletal structure and the functions/location of the major organs
- K21. a basic awareness of physical conditions in sufficient detail to
- a) identify whether Reiki:
- is appropriate
  - must be used with caution
  - is contra-indicated
  - is inappropriate
- b) communicate effectively with the client and/or other stakeholders
- K22. a factual knowledge of red flag symptoms (i.e. symptoms of conditions requiring immediate medical aid and/or notifiable diseases)

## **CHR 7 Evaluate the effectiveness and use of Reiki related self-treatment**

### **About this workforce competence**

This workforce competence covers evaluating the effectiveness and use of self-treatment with the individual. You need to be able to relate to the individual and maintain an environment of mutual trust and confidentiality.

This workforce competence depends on your being able to communicate effectively to ensure that the individual has a clear understanding of the outcomes of the self-treatment and any modifications that may be needed to meet their needs, including referral where self-treatment is deemed inappropriate. You need to be able to reflect on your experience with a view to improving your practice. You must also be qualified to teach Reiki.

### **Links**

*This workforce competence links to the following dimensions and levels within the NHS Knowledge and Skills Framework (October 2004)*

Dimension: Core 1 Communication

Level: 2

### **Origin**

This workforce competence has been developed for Reiki by Skills for Health

## **CHR 7 Evaluate the effectiveness and use of Reiki related self-treatment**

### **Scope**

#### **Outcomes**

Includes:

- changes in the client's physical, emotional, mental and spiritual health and well-being
- maintenance and stability
- palliative

#### **Evaluate**

Includes:

- client's experience of self-treatment
- extent to which self-treatment has met the expectations of the client
- the client's broader needs
- other factors which may have affected the effectiveness of self-treatment

## **CHR7 Evaluate the effectiveness and use of Reiki related self-treatment**

### **Performance criteria**

You need to:

1. discuss the **outcomes** of the use of self-treatment in a manner, level and pace suited to the client
2. encourage the client to **evaluate** their use of self-treatment and suggest possible modifications
3. make appropriate adjustments to the self-treatment to meet the client's changing needs
4. advise on and agree further self-treatment education with the client
5. maintain appropriate records, in line with professional and legal requirements
6. store the records securely and in compliance with relevant legislation
7. interact with any companion(s) of the client in ways that are appropriate to the needs of the client and to your needs
8. evaluate the experience you have gained from working with the client to inform future practice

## **CHR 7 Evaluate the effectiveness and use of Reiki related self-treatment**

### **Knowledge and understanding**

*You need to apply:*

- K1. a working knowledge of professional standards and codes of practice
- K2. a working knowledge of current, relevant Legislation and how this impacts on your work
- K3. a factual knowledge of relevant employment and organisational policies and practices
- K4. an in-depth knowledge of how to achieve effective communication and the professional relationship
- K5. a working knowledge of how to reflect on your own practice and identify any development needs
- K6. a working knowledge of confidentiality procedures and requirements
- K7. a working knowledge of the procedures and requirements for ensuring consent
- K8. a working knowledge of practice management and record keeping
- K9. a working knowledge of how Reiki can contribute to the client's health, effective functioning and well-being
- K10. a working knowledge of the scope and methods of Reiki
- K11. a working knowledge of the importance of accurately assessing the client's needs
- K12. a working knowledge of the importance the appropriateness of the complementary healthcare in meeting the client's needs
- K13. a working knowledge of effectively planning Reiki to meet the client's needs
- K14. a working knowledge of the importance of adhering to national guidelines when providing Reiki
- K15. a working knowledge of relevant anatomy, physiology and pathology

## **Evaluating and reviewing the effectiveness of Reiki**

- K16. a working understanding of what information is needed for the review to be carried out effectively
- K17. a working understanding of how to review the effectiveness of Reiki with the client and evaluate the extent to which their needs have been met
- K18. a working understanding of the importance of evaluating the broader effects of Reiki
- K19. a working understanding of how and why you should encourage the client (and any companion) to take a full and active part in the review process and offer their views
- K20. a factual knowledge of how the client (and any companion) may indicate concerns in the process without making their concerns clear and explicit
- K21. a factual knowledge of the importance of active listening in evaluating Reiki with the client
- K22. a working understanding of the range of different ways in which Reiki can be altered to meet the needs of the client and the ways in which their needs may have changed
- K23. a working understanding of why it is necessary to help and support the client to consider the implications of any changes made to their programme of care
- K24. a factual knowledge of how to record the content and outcomes of the review process and what information should be included
- K25. a working understanding of the variety of reasons there may be for discontinuing Reiki with the client