

## REIKI REGULATORY WORKING GROUP

### LIAISON MEETING FOR REIKI ORGANISATIONS

Wednesday 25 June 2003 John Adams Hall, 21 Endsleigh Street, London WC1H 0DH

#### PRESENT

Terry	Cullen	British Complementary Medicine Association
Hazel	Russo	Prince of Wales' Foundation for Integrated Health
Liz	Lyden	Reiki Association
Rosemary	Pharo	Reiki Healers & Teachers Society
Roosje	Rendering	The Reiki Alliance
Barbara	Simpson	UK Reiki Alliance
Suzanne	Tyrrell	UK Reiki Alliance
Kay	Zega	UK Reiki Federation
Mari	Stevenson	UK Reiki Federation – Liaison Officer
Doreen	Sawyer	UK Reiki Federation – Secretary UKRF

#### 1 APOLOGIES

John	Cragg	Independent Professional Therapists International
Michael	Endacott	Institute for Complementary Medicine

#### 2 MINUTES OF MEETING

Some minor editing of the minutes of the meeting held on 24 April 2003 was made, following which they were agreed as a true record of the meeting.

#### 3 MATTERS ARISING

##### a) Acronym list

Roosje Rendering, who was representing The Reiki Alliance, asked if a list could be made of the acronyms used. A list which would be useful for the Regulatory process would be produced and circulated. **Action: Doreen Sawyer**

##### b) Contact details

Minor changes were made to contact details and to record the correct title of "The" Reiki Alliance.

##### c) Roosje Rendering gave the following information regarding The Reiki Alliance:

Current membership	695
Applications in processing	43
Total	738 (of which 27 are living in the UK and 11 overseas members who teach in the UK)

#### 4 INTRODUCTION FROM OTHER ORGANISATIONS

Mari Stevenson asked each organisation to explain their standards, their criteria for membership, codes of ethics etc and asked that copies of all these documents be made available to the other RRWG members. She also asked that they explain what expertise they could bring to the group.

##### a) BCMA (Representative: Terry Cullen)

Terry Cullen reported that they were an umbrella organisation which encouraged its members to fully look at ways of doing business, standards etc. They saw themselves in a supporting role for the RRWG for as long as it was felt their presence was useful. He felt they could be logical and a facilitator as they had previous experience with a different therapy.

Mari Stevenson asked that as they represented organisations rather than individuals, they would need to find out what Reiki people they had as members. This would be applicable to all multiple therapy organisations.

Hazel Russo asked if they had criteria for organisations to join. Terry explained that they send applications to member organisations to approve. They did not set their own standards, but they did disseminate information on good practice. It was clarified that procedures would be approved through their member organisations, of which there were approximately 73. The BCMA would forward codes to RRWG members. **Action: Terry Cullen**

b) CMA

There was no representative present and Mari Stevenson had been unable to download any information from the website. Information to be forwarded to all RRWG members. **Action: Jayne Goddard**

c) ICM

No representative was present but Mari Stevenson had obtained some information from their website. They were a registered charity formed in 1982. Their sister organisation was called the British General Council for Complementary Medicine and their website stated that they held the British Register of Complementary Practitioners. Hazel Russo explained that this was the individual register of the ICM. A mission statement was included on the website. Mari said that organisations may hold their own Register, but that there wasn't a 'The Register of Reiki practitioners' at the moment. This would be up to the Reiki Regulatory Body to hold.

Mari suggested that individuals viewed the website to obtain further information. **Action: All organisations**

Copies of Codes of Ethics, Mission Statements etc to be circulated to all RRWG members. **Action: Michael Endacott**

d) IPTI

No information available. Information to be forwarded to all RRWG members. **Action: John Cragg**

e) The Reiki Alliance (Representative: Roosje Rendering)

Roosje Rendering, who is on the Board of Directors, explained the procedures used in The Reiki Alliance. They stress the need for both self- treatments and treatments on other people. They are in the process of republishing their codes of membership document, which are in final draft for approval of their board, but which have total consensus of membership.

Roosje explained that if someone applied who had been trained via a different route, the requirements would be discussed to see how far they went in the statement of Identify. If they were not in the spiritual part they would be offered assistance to develop in alignment with Usui Reiki Ryoho. The person who helped with the application would work through the whole procedure and determine whether it was the right time to join the Reiki Alliance.

They have an arbitration board, made up of Reiki practitioners, which is totally independent of the board of directors. When there is a complaint about a teacher or practitioner it is referred to the arbitration board, who find a person to act as a mediator. Mediation is usually satisfactory for all parties. Sometimes there is conflict if the practitioner is not willing, but they have to agree to arbitration.

Roosje felt VSR was important, as it would help to have a standard when working with clients. The major challenge was that The Reiki Alliance was focusing on producing documents, VSR was a small part of what they are focusing on. She felt it was interesting and challenging and coming to common ground.

f) Reiki Association (Representative: Liz Lyden)

They were set up 12 years ago. They are not a professional association but aim has always been to foster the best possible practice in Reiki. In 1997 they set up practitioner referral scheme. She explained how they monitored it. Members are accepted if they are initiated into Reiki. They would appoint people with a minimum of 5 years of practice to "check out" new people. They would submit an assessment to the council who would decide whether to include them on the practitioner list, if not they would be offered mentoring. They are now looking at seminars on good practice and would like to see all organisations sharing good practice. They feel the need to be in the VSR process and they have experience.

Liz talked through their assessment process. They felt there was a need to be clear about what is offered. They have to explain different systems. How they will give treatments. Talk about record keeping. Members are accepted once they

have seen their credentials, ie having been initiated into Reiki. Because they have diversity of systems they have asked people to use set hand positions. Liz felt there was a lot of mal-content because in the last 8 years a lot of people had gone from Reiki I to Master level in weeks or days and they had no grounding in the practice. They had not been told about self-treatment. The feeling was that you could learn basics over a weekend but the spiritual growth happened afterwards.

(Rosemary put forward a suggestion that one of the ways forward may be to issue certificates of attendance initially, followed by the qualification after practice/assessment of skills/journal of self-healing. Rosemary felt that only certificates of attendance should be given for short courses, as professionalism was about creditability. They felt that if there was a national register and minimum standards then that would bring in the professionalism.)

The Reiki Association said they had never had a serious complaint, and had only dealt with minor ones. They do have a complaints process. They are there mainly for the protection of the public.

Terry Cullen asked about the differing styles and what the general feeling was about this. It was felt that people were not always aware that there were differing styles, although Reiki was commonly identified as coming from Usui. Mari Stevenson explained that within the NHS people were not aware that there were differing styles. Liz also felt that people were not always aware that there were differing styles, although she felt that Reiki was commonly identified as coming from Usui.

Hazel Russo explained that FIH had just published a guide on choosing courses, which was for the public to look at all aspects of training. Anyone interested in training to become a practitioner would go through this document. This would make single reference points.

g) Reiki Healers (Representative: Rosemary Pharo)

Rosemary circulated a Code of Conduct, which was discussed.

They had CHO disciplinary procedures in the part of their manual.

They were open to anyone from any tradition. They have two main categories, one is trainee and one is full member. They have to have been doing Reiki for two years before they can become a full member. They do allow people who belong to other organisations and fulfil a probationary period. They are guided by codes of practice and have Disciplinary Procedures, which are based on CHO, which were standard to many healing organisations.

When people join they check their symbols because people's versions of the symbols vary and they like to go back to Hayashi. They require members to know what symbols are and what they mean.

Rosemary explained that people can join after Reiki I, and are able to develop. They take character references of everybody who joins, via the telephone. For full members they also have 4 testimonials from people they have given treatments to, in order find out what people have experienced etc.

Mission – to provide a network of Reiki practitioners, 'that the general public, medical and other authorities can call upon with confidence' but the general public, medical and other organisations can call upon them in confidence.

Rosemary explained about a developmental blueprint, which her organisation had been working on. This included skills base such as helping Reiki practitioners to develop. Certain people can be "fast tracked" through spiritual development. Some people should be slow tracked.

There was discussion about suitability of people with "history" as practitioners and it was felt that it would be down to the teacher to determine this initially. Hazel Russo stressed the unique position with Reiki, in that most practitioners were self employed so it was a potential regulatory function to vet people. Kay Zega added that it was not only about protecting the public but also about credibility.

There was a brief discussion about qualifications such as Anatomy & Physiology, and other skills, which could be developed in certain areas. Decisions about qualifications would need to be under the remit of the regulatory body.

h) UK Reiki Alliance (Representative: Sue Tyrrell)

They use BCMA regulations. They have Code of Conduct and Articles of Constitution.

Sue explained their assessment process. They assess after Reiki I before doing Reiki 2. They help individuals develop their skills. They have assessment officers around the country. People are referred back if they do not meet the minimum percentage. They also train assessors. Sue explained if people provided certificates from another association then they were checked on. They ask for references from people ie telephone numbers to contact people. Have to give client names and addresses and client contact number. Journals have to be kept. They have to complete case studies and need to know how to work with clients. They also have to attend Reiki Shares.

Criteria for membership is that they ask if they are insured and if not if they would like details of their insurance.

i) UK Reiki Federation (Representative: Kay Zega)

Information was circulated on their Constitution (including Disciplinary Procedures), Codes of Ethics and Membership Categories.

Membership: they will accept any style of Reiki. They have two basic types of membership Non Practitioner and Practitioner, which are both divided down into different categories dependent on level of training. For “Associate “ level in the Non Practitioner group a minimum of Reiki I is required, acceptance of the Code of Ethics but at this level do not insist on insurance. They will receive support from the Federation. In the Practitioner group the basic level is “Practitioner Member” which requires a minimum of 12 months since Reiki I, minimum of Reiki II (copies of certificates required), must be face-to-face training, sign Code of Ethics, and hold Practitioner Insurance which is offered through the Block Scheme. At this stage they may be included on the Practitioner Listings. The next level is “Master Practitioner” which, in addition to Practitioner Member requirements they also hold a “Master Certificate” . The “Teacher” level asks for all this information plus the certificate must state that they are a Teacher or have been trained to attune others.

Training/Education: People who do not have certificates stating that they are a teacher, but who have been teaching, are appropriately assessed by the Education/Accreditation team co-ordinators who are both Reiki Master/Teachers and educationally qualified teachers/staff assessors. As there can be no formal accreditation of Reiki Courses until such time as VSR is operational, the UKRF does not feel it appropriate to validate or approve any courses or training at this stage.

Mari Stevenson felt it was important to pick up and report back on anything, which was incorrectly advertised or reported as “accredited”.

Complaints & Procedures: The UKRF had received no formal complaints on any of its members, although they do have a Complaints procedure within their Constitution. Kay suggested that if complaints were received that they should be kept informally and shared within the group. She felt that from the point of view of good practice that it was important to have information and decide how best to use the RRWG.

It was noted that some organisations do publish names of people who have complaints about them,

## 5 DEFINITION OF REIKI

A discussion was held on a definition of Reiki. There was a need to consider whether they were to think about Reiki the system or Reiki the healing ie practice. They needed to come up with a definition, which everyone could be happy about. If they wanted to bring Reiki to the largest number of people they must be clear about the definition and it must not just be about the spiritual side. Rosemary Pharo suggested the term “national healing” could be better terminology. Mari Stevenson felt that we need to be aware of who this was aimed at. She felt that people were wary of the terminology “spiritual” path. Kay Zega felt it important that it was an inclusive definition, and not an exclusive one. Terry Cullen suggested members email to Mari basic ideas so that there was a framework for the next meeting. It was also felt important to be realistic when looking at titles. **Action: All organisations**

One point which was raised was the use of Reiki within other therapies and it was felt important that Practitioners make it clear to clients when they were and were not using Reiki.

## 6 ANY OTHER BUSINESS

a) Contacting other organisations

The subject of how this information could be passed on to other organisations or individuals who were not present was discussed. It was suggested that the organisations present should disseminate the information via their members. Mari

Stevenson would make the Minutes available on the UKRF website. Information could also be disseminated through journals and editorials etc. They were ideas to think about for future meetings. Organisation should mention that the regulatory process is now taking place. This process is open to individuals and associations to input to. **Action: All organisations**

b) Where is Reiki practised

It was felt useful to have information from membership about where people were practising Reiki professionally. Also to know location of their practices. This information to be collated and made available for the next meeting. **Action: All organisations**

c) How many Practitioners/Teachers

It was felt important to determine the number of practitioners and the number of teachers represented by each organisation. Each organisation present would obtain this information for the next meeting. **Action: All organisations**

d) Administrative support

Mari asked for volunteers to help collate information which was coming in to the RRWG such as Codes of Practice, Membership etc as there was a need to identify commonality between the organisations. Terry Cullen of BCMA offered to assist the UKRF with this and would liaise with Mari Stevenson. **Action: Mari Stevenson/Terry Cullen**

FIH were currently funding the cost of the room. However, it was felt that it would be prudent to start up a small fund to cover administrative costs etc. It was suggested by Mari Stevenson that each organisation represented could contribute £10 per meeting to help cover administrative costs. Organisations were asked to consider this for the next meeting. **Action: All organisations**

e) Promotional leaflets

It was felt that it would be useful for organisations to provide copies of leaflets which they provide about their organisations and it was agreed that these would be brought to the next meeting. **Action: All organisations**

f) RRWG remit

There was a query about National Occupational Standards and it was pointed out that Tom Lane was the contact for general queries at present. Hazel Russo explained that the main purpose of the RRWG was to bring together various organisation who have members who are Reiki practitioners to talk about regulation, of which NOS was only a small part. It also included such things as Disciplinary, Codes of Ethics, and possibility of single register of some kind. Skills for Health had applied for funding for therapy specific standards and then there would be a working group for that, which may or may not include representatives from the RRWG.

Sue Tyrell asked whether it meant that individual associations should have to go for assessment. Hazel explained that one regulatory working group had drawn up their own set of standards which each individual occupation had adopted as a minimum. It would be up to the RRWG to make their own decisions regarding this.

g) Use of term “healing”

Terry Cullen explained that the BCMA was trying to get guidance from the advertising standards authority who had come down on one of their members who used the term “healing” in their literature. He would look into the query and hoped to report back at the next meeting. He stressed the need to be very careful in its use.

h) Date of next meeting

The next meeting was arranged for Thursday 25 September 2003 at 1.00 pm.