

MINUTES OF THE MEETING OF THE REIKI REGULATORY WORKING GROUP held on Monday 21 May 2007 at Woburn Room, Connaught Hall, 36- 45 Tavistock Square, London, WC1H 9EX

PRESENT

RRWG Chair	Anthony Perry
British Complementary Medicine Association	Terry Cullen
Complementary Therapists Association	John Dent
Federation of Holistic Therapists	Edith Maskell, RRWG Treasurer
Reiki Healers & Teachers Society	Rosemary Pharo Adrienne Pollock
The Reiki Alliance	Lilian Hulf Jan Robinson
The Reiki Association	Kate Jones
The Tera-Mai™ Association	Suzanne Zacharia
UK Reiki Federation	Doreen Sawyer, RRWG Secretary Robert Jefford
United Kingdom Reiki Alliance	Pauline Kelly
Prospective Lay Member	Nadia Corp
PFIH	Stuart Bold

Welcome by Anthony Perry. He introduced Nadia Corp, prospective lay member, who gave a short summary of what she might bring to the RRWG. RRWG members then introduced themselves and welcomed Stuart Bold, Project Manager for the FWG and deputising for Jean Nestor PFIH.

1 APOLOGIES

FHT	John French
Lay Member	Ruth Kelly
Open Reiki Group	Jeanne Long
PFIH	Jean Nestor
The Reiki Association	Mamta Nanda

2 MINUTES OF MEETING OF 6 FEBRUARY 2007

The minutes of the last meeting were read and agreed to be signed as a true record.

3 MATTERS ARISING FROM MINUTES

a) PFIH Report Has been submitted to PFIH.

b) NOS There was query about the NOS which are still yet to be formally approved by QCA. **Action: Doreen Sawyer would chase Tom Lane again**

4 TREASURER'S REPORT

Profit and Loss and Balance Sheet were circulated to the group and the Treasurer talked through the figures. There was a surplus for the year of £1881. Balance in bank at end March was £6570. Edith Maskell was thanked for her report.

5 FEDERAL WORKING GROUP FEEDBACK

Edith Maskell gave a summary of work to date. Work Plans produced by the FWG are circulated to all members, together with copy of minutes of the meetings. The views of individual members are circulated within the FWG which gives everyone an awareness of the views of others. Now half way through the process, the group were working well together.

Copies of the work plans 5.1 and 5.2 were circulated to the group. There was general discussion over a number of topics

- a) Grandparenting, which would only be relevant to those who wished to be part of the voluntary regulatory process. There was later discussion regarding this.
- b) Insurance. The question of levels of cover and who sets the level was discussed.
- c) CRB Checks. Following discussion Stuart Bold clarified that the FWG had been asked if they would be a facilitator for CRB checks rather than making it a requirement. There was query as to whether Reiki practitioners would need the checks but the issue was unable to be clarified until there was further information on the Vetting & Barring scheme.
- d) Multiple therapists. Multi disciplined practitioners should be treated in exactly the same way as single therapy practitioners. It was thought that if someone practises more than one therapy then they should simply pay a little extra for each additional therapy
- e) At the FWG meeting all but one group were in favour of the formation of the PSBs. There was discussion about the role of the PSBs, the relation to the working groups, the connection with professional associations. The general view within therapies was that the working groups should have a role within the process, all accepting that there has to be a firm line between regulation and professions. Edith was given the agreement that she would argue for professional representation within PSBs. There needs to be diversity represented for Reiki due to the differing styles. The PSB should dictate its own numbers, depending on the size of the profession, and the RRWG should elect members to the PSB. PSB could only make decisions if they had 2/3 agreement from the professional board such as RRWG. Due to confusion over regulation and representation it was clarified that the RRWG supports the professional associations, the professional associations support the practitioners, the regulator supports the public.
- f) Registration. There was discussion about whether the register should make names available to the public. There was much discussion on this with various views put forward. It was felt that the NHS needed to make referrals to people on the register and they needed to be educated about the register. Stuart Bold proposed to put forward a paper about the communication from the regulator about how best to promote the regulatory process, which was about educating the public and NHS.

Edith was thanked for her work on the FWG.

6 PROGRESS ON BUSINESS PLAN AND VSR

Business Plan and budget for VSR had been circulated and the points raised were discussed.

- a) Draft Constitution not yet presented. It was agreed that this would be for the RRWG as the professional group. A sub group was set up of Rosemary Pharo, Suzanne Zacharia and Kate Jones, with Edith Maskell being available for consultation where necessary. Draft to be circulated before the next

meeting, for amendment and discussion at the meeting. **Action DS to circulate Constitution example from JN. Draft to be circulated before next meeting RP**

b) Proposals for single Voluntary Regulatory Body. There was discussion about the value of continuing work on this whilst the work of the Federal Working Group was in progress and it was felt that the work of the RRWG in this area should be suspended, but if it was later decided to go the single route with self regulation then this would be back-up for the RRWG. It was proposed by Kate Jones, seconded by Doreen Sawyer and agreed that the single body be suspended for the time being.

c) Progress on Consultation Analysis. Doreen Sawyer advised that review of the Code of Ethics feedback had been completed. Due to the nature of the open questions in other sections the time scale would need to be the full 2-3 months envisaged. The papers had been passed to the analyst end of April. It was hoped to have the results prior to the July meeting. It was suggested that a payment be made to the analyst for her work at the end, this was agreed in principle and would be discussed at the next meeting. **Action: Doreen Sawyer for July agenda.**

d) Grandparenting. A sub group was set up to produce recommendations for grandparenting. The group would be Edith Maskell, Doreen Sawyer and Kate Jones. Each profession would have its own grandparenting scheme and the FWG would pick out what is generic for individuals. There would also be profession specific grandparenting. **Action for circulation before next meeting EM**

e) National register listed for July to be suspended in view of FWG discussions. There was discussion about the register. It was suggested that the professional associations could have the responsibility to “vet” and guide applications for their members. There would need to be clear guidelines on this.

f) Core Curriculum. It was suggested that there was a need for a Core Curriculum for professionalism which would give guidelines on appropriate training to meet NOS and professional standards. It was agreed that a sub group should be set up with a view to devising a recommended Core Curriculum. Group members would be Kate Jones, Lorraine Davis, Doreen Sawyer and Jeanne Long. **Action: for circulation before next meeting KJ**

7 BUDGET FOR LAUNCH OF VSR COUNCIL AND NATIONAL REGISTER

As this was now suspended there was no discussion.

8 REIKI AND MASSAGE

There was discussion about the description of reiki as non manipulative light touch, and of reiki as massage. It was explained that some styles of Reiki do incorporate techniques which could be perceived as massage, and these techniques had been used by Hawayo Takata. One of the Reiki groups had sent details to Towergate insurance, who maintained that this was massage and would invalidate insurance if the practitioner was not also qualified in massage, or they would need to carry a rider on their insurance. The current definition of Reiki was discussed and was amended as follows:

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 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.

Reiki is not massage or manipulation, although there may be some movement of hands, 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.

It was agreed Robert Jefford would write a draft letter for circulation to the RRWG, which was to be sent to the Reiki group in question to confirm the definition. **Action: Robert Jefford**

9 AOB

- a) Edith Maskell reminded the RRWG that Stuart Bold had informed her that there would be 2 representatives from the Department of Health at the next meeting and a discussion followed as to questions she could specifically ask.
- b) Lilian Hulf of the Reiki Alliance advised that this was her last meeting and Kate Jones would take over as representative. She thanked the group for what she had learnt and asked people to keep in mind what the groups had in common, and the simplicity of Reiki.
- c) Lay Member Nadia Corp. Groups would be requested by email to vote on her acceptance as a lay member. **Action: DS**
- d) Officer Reports Reports from the Chair and Secretary would be given as from the next meeting, in addition to the Treasurer's report.
- e) Date of next meeting is 17 July 2007