

## **Rationale for ITEC Level 3 Diploma in Reiki**

### **Aims and objectives**

The ITEC Level 3 Diploma in Reiki comprises of ITEC units:

- 1 Anatomy and Physiology
- 53 Reiki
- 22 Professional Conduct and Business Awareness

All units are mandatory and Unit 53 has 3 elements– theory, practical and case studies. Units 1 and 22 are theory only.

The main aim of the ITEC Level 3 Diploma in Reiki is to enable candidates to provide treatments for the purposes of relaxation and stress release.

It also aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Complementary Therapy/Care industry.
- to provide opportunities for staff in the Complementary Therapy/ Care industry to gain a Level 3 qualification.
- to qualify candidates as Reiki Master practitioner at Level 3 in the Complementary /Care industry. (Does not qualify candidates as Master Teacher).
- to sustain the interest of candidates wanting to work in the Complementary Therapy industry.
- to encourage knowledge and understanding for the Complementary Therapy/Care industry at Level 3.
- to provide opportunities for candidates to focus on the development of the major Key skills and the wider Key skills in a Therapy context such as communicating with clients, working with others and problem solving.
- to provide opportunities for candidates to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in employment as a Reiki practitioner.

The candidate will study the theory and concept of energy and Reiki treatment as well as the anatomy and physiology of the whole body. Contraindications and recognition of when a client may need to be referred to another practitioner are a vital part of the training as well as the underpinning knowledge and skills required to successfully perform a Reiki treatment.

Case studies are also required to be completed for this award. The case studies form the internal assessment and should be assessed throughout the training by the tutor using the ITEC Case Study Guidance sheet. The case studies are then verified by an ITEC Examiner at the end of the course during the visit for invigilating the practical examination. The case studies ensure that a variety of clients must be consulted and treated in all the above areas and the outcomes of the treatments must be documented in order to gain experience of working with a variety of clients and conditions whilst candidates are still under supervision. Detailed rationales for the type of treatment and outcomes must be shown, as well as after care. A personal development log is to be maintained and submitted for assessment with the candidates' case studies. This shows personal development and reflective practice, training CPD, self help, skills employed and research undertaken.

All units are mandatory and should be taught concurrently and examined concurrently.

- Unit 1 Anatomy and Physiology paper of 1 hour duration with a total of 50 questions
- Unit 53 Holistic Reiki has a paper of 25 multiple choice questions of 1 hour duration
- Unit 22 Professional Conduct and Business Awareness have a combined paper of 1 hour duration of 25 questions each, with a total of 50 questions
- A Practical exam conducted by an ITEC Practical Examiner for unit 53
- Internal Assessment of ALL case studies/personal development files by the College Lecturer and External Verification by the ITEC Practical Examiner.

As indicated above all aspects of the award are examined externally by ITEC Practical Examiners.

### **Recommended prior learning**

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A\*-C (preferably to include English Language, a science subject and/or GCSE in Physical Education) prior to commencing the ITEC Level 3 Diploma in Reiki, however exemptions may be made for adult returners with experience of the work place.

### **Opportunities for progression**

Once candidates have achieved the ITEC Level 3 Diploma in Reiki they may progress on to other ITEC or equivalent awards at level 3, for example:

- Holistic Massage
- Aromatherapy
- Reflexology

This award qualifies graduates to operate their own clinic or home visiting practice. Graduates can also gain employment in various aspects of the Care Industry

Professional indemnity and public liability insurance can be obtained via ITEC Professionals and other Industry Associations who recognise the ITEC Diploma.

### **Relationship to National Occupational Standards**

The ITEC Level 3 Diploma in Reiki complies with the National Occupational Standards for Complementary Therapy at Level 3 (see mapping at the end of the syllabus).

ITEC has ensured that best practise in the workplace has been reflected in the syllabus. ITEC has linked the qualification to the relative job role as well as ensuring that the syllabus reflects the required level of knowledge and ability for the practitioner.