

ITEC Level 3 Diploma in Holistic Reiki

Unit 53 Reiki degrees, First, Second (Practitioner), Third (Master) [NB: Does not include Master Teacher]

Recommended guided learning hours – 100

Pre-requisite – Candidates must hold the ITEC Level 3 Anatomy & Physiology and Professional Conduct & Business Awareness units (can be taken concurrently with this unit) or equivalents

Unit 53 Holistic Reiki Theory	
Learning outcome	Underpinning knowledge
1) Understand and explain the Holistic Approach	To include: <ul style="list-style-type: none"> • Greek term holos • Importance of the treatment of the whole person • Alter one personal aspect and other aspects are impacted, everything is connected
2) Understand and explain the term integral biology	<ul style="list-style-type: none"> ◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing To include: <ul style="list-style-type: none"> • Computers • Mobile phones • Processed food • Lack of fresh air • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Impact on energy field
3) Understand and explain the appropriate legislation applicable to Reiki treatment and identify some research	To include: <ul style="list-style-type: none"> • Any particular rights, restrictions and Charters • Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act, Children Act • Moral rights which are not recognised in Law • Organisational policies and how they may differ from other organisations (when working in care) • Records which the practitioner is responsible for completing in relation to rights and responsibilities • Any relevant complaints systems and methods of access (when working in care) • Scientific basis for energy medicine • Veterinary Act
4) Understand and explain the issues surrounding 'consent' to treatment	To include: <ul style="list-style-type: none"> • Importance of obtaining consent from the client • Importance of gaining consent from a person who is acting in the best interests of the client (when the client is unable or not of an age to make the decision for themselves) • Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners • Meaning of informed client consent and the guidance given by the practitioner's professional body, particularly where there is a need for written consent • Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement • Ensure that agreements are in the client's best interests
5) Understand and explain the importance of Reiki for clients and families receiving palliative or social care	To include: <ul style="list-style-type: none"> • Issue of consent • Any appropriate legislation • Confidentiality • Appropriate support • Using an appropriate manner of communication • Only giving information agreed within the care team • Know when to refer clients to people outside of the care team • Maintenance of accurate records • Managing ones own feelings • The importance of ongoing care • Personal beliefs and preferences • Grief and grieving process • Awareness of other support services • What a client may experience during a session and after a session • Healing crisis/ client reactions; when to stop giving Reiki
6) Understand and explain the effects of treatment and benefits of hand positions	<ul style="list-style-type: none"> • Benefits of hand positions • Universal energy (available to all/connectedness)
7) Understand and explain the importance of the code of conduct for practitioner and client	<ul style="list-style-type: none"> • To include UK Reiki Federation Code of Conduct • Reasons for subscription

<p>8) Understand and explain methods of consultation</p>	<p>An example of a consultation form is enclosed within the syllabus Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) and rapport • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Agreement to the course of action • Ascertain the client's consent to the treatment • Where the client is not in a position themselves, ascertain from the appropriate <i>companion's</i> agreement to the treatment • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process • Where applicable clarify with the client information which may be available to other, e.g. relevant health care workers • Obtain the client's signature (or that of the companion/parent/guardian)
<p>9) Recognise common ailments and contraindications to Reiki</p>	<ul style="list-style-type: none"> ◆ Total contraindications • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Cancer (unless in terminal stages and then with medical permission) ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Bells Palsy • Trapped/pinched nerve • Inflamed nerve • Acute rheumatism ◆ Localised • Skin diseases • Undiagnosed lumps and bumps • Pregnancy (after medical permission obtained on the abdomen) • Cuts • Bruises • Abrasions (on exposed areas) • Recent fractures (minimum 3 months)
<p>10) Understand and explain appropriate client care</p>	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client onto the couch • Cleanse the feet with a medi-wipe or similar • Wash own hands • Ensure that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Help the client off the couch ◆ Reiki is a clothed treatment and can be performed in a seated position as well as on a couch (the client care above also applies to seated work)
<p>11) Understand and explain the correct hygiene procedures</p>	<p>To include the definition of the following terms:</p> <ul style="list-style-type: none"> • Septic • Antiseptic • Disinfectant • Sterile • Cross infection • Sterilisation • Aseptic • Bactericide • Bacteriostat • Fungicide • Fungistat • Pathogenic • Non-pathogenic • Toxins • Hygiene • Bacteria • Fungi • Viruses and infestations with examples • Awareness of blood born diseases – HIV/AIDS, Hepatitis A, B and C • Reasons for good personal hygiene • Wash own hands • Wipe the client's feet • Use clean work area and couch roll for each client • Wear clean professional work wear • Socks/tights and full flat shoes • Remove all jewellery (except wedding band) from self and client • Clean short nails • Hair tied back off collar and face

12) Define Reiki, outline its principles and the power of the symbols	To include: <ul style="list-style-type: none"> • Universal energy is open to all • 3 pillars of Reiki • 5 noble truths • Exchange of energy • How do symbols work? (Sacred geometry) • Use of sound • Define “Rei” and “Ki”
13) Understand and explain other uses of Reiki energy	To include: <ul style="list-style-type: none"> • Self care treatments • Animals • Plants • Water • Medicine • Places • The importance of consent in sending absent Reiki energy • Reiki for mental/emotional treatment • Reiki for situations
14) Understand and explain the structures they are working over and their function	• To include all the body systems in the anatomy and physiology unit
15) Understand and explain the history of and development to Reiki up to the present day	To include: <ul style="list-style-type: none"> • Origins of Reiki • Usui • Four Miracles • Reiki Principles • Hayashi • Takata • Furomoto • Know your lineage • Seichem • Patrick Zeigler • Mary Shaw • Present day
16) Understand and explain other complementary therapies and the ways in which they are performed	To include: <ul style="list-style-type: none"> • Homeopathy • Reflexology • Massage • Yoga/meditation • Acupuncture • Shiatsu • Bach Flower remedies • Kinesiology • Bowen Technique • Alexander Technique • Herbalism • Chiropractic • Colour therapy • Crystal therapy • Stone therapy
17) Understand and explain the importance of referral procedures	To include: <ul style="list-style-type: none"> • Only working within the realms of their own expertise as a Reiki practitioner ◆ Demonstration of the understanding when a client should be referred to either : • GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team
18) Understand and explain the importance of giving appropriate homecare advice after treatment	To include: <ul style="list-style-type: none"> • Drinking water • Healthy eating • Exercise • Stress levels • Generally helping clients and families to identify options to improve their health and social wellbeing in terms of Reiki treatment • Helping clients and families to put their choices into action • Reviewing their progress • Positive thinking, attitudes & language skills • Advise/suggest on types of meditation that may suit; to include visualisation, mantra, breath, use of candles, sound, colour, music used
19) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St Johns Ambulance or Red Cross First Aid Certificate)	To include: <ul style="list-style-type: none"> • List the contents of a first aid box and it’s importance • Necessity for an accident book and its contents ◆ Correct first aid procedures for the following: • Fainting • Burns/scalds • Epileptic fit • Bleeding • Hysteria • Heart Attack • Unconsciousness • Twisted ankle • Asthma attack • Diabetic coma • Nose bleed • Insect sting • Hyperventilation • Migraine • Dizziness • Recovery position • Knowing how to call for medical assistance • Describe the types of fire fighting equipment required in the clinic
20) Understand and explain the concepts and theories of energy and vibrational medicine, the mind body link and use of symbols	To include: <ul style="list-style-type: none"> • Meditation (types of) • Attunement process • Gassho • Guides and helpers • How does energy come into form? • Explore consciousness, being, ayurveda, oriental medicine philosophy • Effects of intoning symbols, sound vibration • Energetic phenomena a client or practitioner may experience • The Field: Information held • Altered brainwave states: Alert & relaxation • Energy anatomy: chakras, auras, overview of meridians • Use of mind/body link • Tissue memory • Visualisation • Importance of intention on energy work • Internal versus external energies
21) Understand and explain other uses of Reiki energy	To include: <ul style="list-style-type: none"> • Self care treatments • Animals • Plants • Water • Medicine • Places • The importance of consent in sending absent Reiki energy • Reiki for mental/emotional treatment • Reiki for situations
Unit 53 Holistic Reiki Practical	
22) Understand, explain and demonstrate the	• Greek term holos • Importance of the treatment of the whole

Holistic Approach and energy awareness	person • Basic energy sensing skills • Gassho • Outline of how to ensure energy integrity (protection, clearing, recharging, checking and energy interactions)
23) Understand, explain and demonstrate methods of consultation	<p><i>An example of a consultation form is enclosed within the syllabus</i></p> <p>Students should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open rather than closed questions) & rapport • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Consent (see later notes on consent) • Any contraindications to treatment (as listed below) • Client lifestyle • Client profile • Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs • Determining the nature and extent of the client's needs • Behaviour/Posture • Agreement to the course of action • Ascertain the client's consent to the treatment • Where the client is not in a position themselves ascertain from the appropriate <i>companion's</i> agreement to the treatment • Explanation of any possible side effects to the treatment • Explanation how the programme will be evaluated and the review process • Where applicable, clarify with the client information, which may be available to other, e.g. relevant health care workers • Obtain the client's signature (or of the <i>companion/parent/guardian</i>)
24) Demonstrate recognition of common ailments and contraindications to Reiki treatments	<ul style="list-style-type: none"> ◆ Total contraindications <ul style="list-style-type: none"> • Any form of infection, disease or fever • Under the influence of recreational drugs or alcohol • Cancer (unless in terminal stages and then with medical permission) ◆ With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained clients must indemnify their condition in writing prior to treatment <ul style="list-style-type: none"> • Pregnancy • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Any condition already being treated by a GP or another complementary practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Bells Palsy • Trapped/pinched nerve • Inflamed nerve • Acute rheumatism ◆ Localised <ul style="list-style-type: none"> • Skin diseases • Undiagnosed lumps and bumps • Pregnancy (after medical permission obtained on the abdomen) • Cuts • Bruises • Abrasions (on exposed areas) • Recent fractures (minimum 3 months)
25) Demonstrate the ability to use dowsing and kinesiology to discern the effectiveness of treatment and symbols	<ul style="list-style-type: none"> • Dowsing • A simple Kinesiology test • Benefits of each symbol
26) Understand, explain and demonstrate appropriate client care	<p>To include:</p> <ul style="list-style-type: none"> • Checking consultation and contraindications • Explaining the treatment to the client • Helping the client onto the couch and protecting the client's modesty at all times • Cleanse the feet with a medi-wipe or similar • Wash own hands • Ensure that the client is comfortable • Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head • Use symbols intuitively with client • Help the client off of the couch • Reiki is a clothed treatment and can also be conducted in a seated position
27) Understand explain and demonstrate the correct hygiene procedures for Reiki treatment	<p>To include the definition of the following terms:</p> <ul style="list-style-type: none"> • Septic • Antiseptic • Disinfectant • Sterile • Cross infection • Sterilisation • Aseptic • Bactericide • Bacteriostat • Fungicide • Fungistat • Pathogenic • Non-pathogenic • Toxins • Hygiene • Bacteria • Fungi • Viruses and infestations with examples • Awareness of Blood born diseases – HIV/AIDS, Hepatitis A, B and C • Reasons for good personal hygiene • Wash own hands

	<ul style="list-style-type: none"> • Wipe the client's feet • Wear clean professional work wear • Socks/tights and full flat shoes • Remove all jewellery (except wedding band) from self and client • Clean short nails • Hair tied back off collar and face • Do not let the client walk around in bare feet • Ensure all surfaces are lined with couch roll • Wipe couch with surgical spirit or similar at the end of each day
28) Understand and select the appropriate symbols for the treatment and hand positions for the client	<ul style="list-style-type: none"> • Choose either couch or seated position • Hands on or absent/distant • Choose long or short treatment • Intuitively use symbols • State meaning of symbols (without writing name or drawing) <p>N.B. Candidates can disclose the meaning only, not the symbols</p>
29) Understand, explain and demonstrate the use of symbols and their physiological and psychological effects	<ul style="list-style-type: none"> • Mental • Emotional • Physical • Importance of intention (energy work) • Benefits of hand positions • Draw symbols in the air with hand (not written) • Explain meaning of symbols using key words
30) Understand and explain the structures to be worked over and their function	<ul style="list-style-type: none"> • To include all the body systems in the anatomy and physiology unit
31) Understand and explain the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> • Only working within the realms of their own expertise as a Reiki practitioner ◆ Demonstration of the understanding when a client should be referred to either : <ul style="list-style-type: none"> • GP • Counsellor • Other Complementary Therapist • Member of the social care or nursing team
32) Evaluate and review the Reiki treatment programme	<ul style="list-style-type: none"> • At the end of each treatment the client's feeling should be recorded ◆ The following areas should be monitored: <ul style="list-style-type: none"> • Outcomes achieved • Effectiveness of the treatment • Any change in demands • Whether the treatment met the needs of the client • Longer term needs of the client (particularly when working in a care environment) • Monitor with local GP interaction with medication
33) Understand and explain the importance of giving appropriate homecare advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> • Drinking water • Healthy eating • Exercise • Stress levels • Generally helping clients and families to identify options to improve their health and social wellbeing in terms of Reiki treatment • Helping clients and families to put their choices into action • Reviewing their progress • Positive thinking, attitudes & language skills • Advise/suggest types of meditation that may suit; to include visualisation, mantra, breath, use of candles, sound, colour, music used
34) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St Johns Ambulance or Red Cross First Aid Certificate)	<p>To include:</p> <ul style="list-style-type: none"> • List the contents of a first aid box and its importance • Necessity for an accident book and its contents ◆ Correct first aid procedures for the following: <ul style="list-style-type: none"> • Fainting • Burns/scalds • Epileptic fit • Bleeding • Hysteria • Heart Attack • Unconsciousness • Twisted ankle • Asthma attack • Diabetic coma • Nose bleed • Insect sting • Hyperventilation • Migraine • Dizziness • Recovery position • Knowing how to call for medical assistance • Describe the types of fire fighting equipment required in the clinic
35) Demonstrate effective hand positions and explain the value of visualisation and intoning symbols by practitioner	<p>To include:</p> <ul style="list-style-type: none"> • Full couch treatment • Seated/Short treatment • Use of sensing/intuition for client needs • Dowsing or kinesiology testing • Use of symbol, visualisation/intoning for appropriate levels 1,2,3 degrees (drawn in air not written)
36) Explain how one may conduct distant, absent and group Reiki healing and show either absent or distant use in one of the required case studies	<p>To include:</p> <ul style="list-style-type: none"> • Creating a healing space • Conducting a healing group/circle • Preparing the room • When is absent work useful? • When is distant work useful? • Define absent & distant Reiki • Use of distant/absent Reiki symbol • Group meditation/attunement methods • Master symbols and meditation • Gassho
37) Understand and explain other uses of	<p>To include:</p>

Reiki energy	<ul style="list-style-type: none"> • Self care treatments • Animals • Plants • Water • Medicine • Places • The importance of consent in sending absent Reiki energy • Reiki for mental/emotional treatment • Reiki for situations
38) Keep a detailed portfolio of self help/study and tutor observed clinic sessions	<p>To include:</p> <ul style="list-style-type: none"> • Reading & videos • Sample case notes (confidential) • Reiki news/research • Attendance at Reiki shares • CPD for Reiki events • Skills associated, e.g. energy workshops • Notes on outcomes of self treatments (minimum 21 days per degree including symbols for that degree • 3 observed treatments
39) Undertake in 2 nd Degree casework	<p>To include:</p> <ul style="list-style-type: none"> • Consent issues • Treatment plan, evaluation with client • Assessment of needs and advice to client • See attached consultation form and attached case study guidelines • To include distant or absent Reiki as one of the required case studies • Write one meditation for use with clients

ITEC Unit 53 Holistic Reiki Case Studies

<p>5 clients must be treated 4 times each with a full Reiki treatment and all outcomes recorded</p>	<p>To include:</p> <ul style="list-style-type: none">• Your Reiki Lineage• Consultation including thorough medical history and general lifestyle• Client profile (to include any current issues in their life)• Details of how the therapist conducted the treatment• Details of how the client felt during and after the treatment• Details of home care advice given• One written meditation to be included as a sample• One study must be distant or absent Reiki• Overall conclusion of each case should be recorded• Reflective practice*
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*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment

ITEC Unit 53 Personal Development

<p>Personal development log/CPD, etc NB. To be associated with case studies</p>	<p>To include:</p> <ul style="list-style-type: none">• Shares/Groups attended (dates)• Reiki/Healing circles or workshops• Show knowledge of other forms of Reiki, e.g. Terra Mai, Seichem• Reading, Video, Audiotapes• Websites, Research organisations involved• Selected events (dates)• Must show evidence of 21 days personal healing on self (with results) at each degree including master symbols
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