

## CNH12 Provide Reiki to clients

### OVERVIEW

The practice of Reiki is an original method of healing, developed by Mikao Usui in Japan early in the 20th century. Reiki is a natural healing energy that works on every level, not just the physical, and is understood to promote the body's regenerative self healing ability. This standard is about providing Reiki to clients. Reiki is non-invasive and is used holistically to restore balance in mind body and spirit. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the concept of physical, emotional, mental and spiritual health and well-being that is consistent with the practice, principles and theory underlying Reiki
- 2.the history and development of the Reiki styles practised
- 3.the reasons for having received person to person attunement/initiation for Reiki, prior to practising in a professional context
- 4.the principles behind Reiki systems (the context) and Reiki energy (the flow)
- 5.the importance of the practitioner using self-treatment
- 6.how to apply Reiki according to style, systems and teachings
- 7.how to choose the most appropriate 'way' to meet the needs of the client
- 8.the teacher's lineage to Mikao Usui
- 9.the range of possible recipients for the Reiki style (eg animals/humans/ plants) and any restrictions to practise (eg veterinary/ legal)
- 10.the relationship of Reiki to other healthcare practices
- 11.that there are no known contra-indications to Reiki when used on its own
- 12.the types of Reiki practice:
  - 1.hands on the body
  - 2.hands near the body
  - 3.from a distance
- 13.the importance of explaining Reiki to the client
- 14.the factors to explore with the client including:
  - 1.history of the client's health, effective functioning and physical, emotional, mental and spiritual well-being including any particular conditions and treatments
  - 2.how the client perceives Reiki to fit in with his/her personal goals
- 15.the role which the client (and others) may take, and may need to take, if the Reiki is to be beneficial and how to explain and agree them with the client (and any companion)
- 16.how to support the client to make informed choices

- 17.the importance of agreeing the location and timing of Reiki with the client, and the factors which may intervene and alter plans
- 18.how to acknowledge conditions for which Reiki may be incomplete in itself and for which the client should seek advice from other sources
- 19.the circumstances when the Practitioner may choose not to accept a client:
  - 1.the client does not want Reiki
  - 2.the Practitioner does not wish to provide Reiki
  - 3.the client has an urgent medical need
- 20.the circumstances when discernment is required in accepting a client:
  - 1.the Practitioner does not have the requisite experience or expertise
  - 2.where medical referral is essential
- 21.how to tailor Reiki appropriately for the needs of each individual
- 22.how to monitor and evaluate changes in the client and use this information to inform future practice
- 23.the importance of active listening in providing and evaluating Reiki with the client
- 24.how to evaluate the efficacy and suitability of Reiki with the client and whether to continue treatment
- 25.the potential outcomes of Reiki:
  - 1.healing responses
  - 2.changes in the client's physical, emotional, mental and spiritual well-being
  - 3.maintenance and stability
  - 4.possible need for reassessment of medication by prescriber
- 26.the advice which may be given with regard to:
  - 1.rest and relaxation
  - 2.re-hydration
  - 3.possible use of self-help techniques
  - 4.onward referral as relevant
  - 5.possible ongoing/intensifying/reduction of symptoms in the short term
- 27.the importance of not becoming attached to specific outcomes
- 28.the skeletal structure and the functions/location of the major organs
- 29.physical conditions to identify the appropriateness of Reiki
- 30.physical conditions in sufficient detail to communicate effectively with the client and/or other stakeholder
- 31.red flag symptoms (i.e. conditions requiring immediate medical aid and/or notifiable diseases)

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.check that the environment meets the clients needs
- 2.ensure that any equipment and materials are ready for use and meet professional codes of practice, legal and organisational requirements
- 3.prepare yourself appropriately to provide Reiki
- 4.position the client for effective Reiki and to give as much comfort as possible
- 5.provide Reiki to clients safely and correctly
- 6.make appropriate adjustments to meet any changing needs

- 7.deal effectively with the client's response to Reiki
- 8.check the client's well-being throughout and give reassurance where needed
- 9.provide clear and accurate advice with regard to any relevant aftercare and self-care
- 10.evaluate the outcomes and effectiveness of the Reiki to inform future plans and actions
- 11.complete and maintain records in accordance with professional and legal requirements

## **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments. This standard has replaced CHR1, CHR2, CHR3, CHR4, CHR5, CHR6 and CHR7. Related Functions: Principles of Good Practice. CNH1 Explore and establish the client's needs for complementary and natural healthcare. CNH2 Develop and agree plans for complementary and natural healthcare with clients.