

REIKI STYLES & TRAINING – Guidelines for Reiki Specific Training

The NOS (National Occupational Standards) for Reiki focus on professional Reiki training for practitioners, but they do not specify exactly what should be taught within the Reiki aspect of training. It is important to note that this is NOT the full content requirements for professional training as per the NOS or Core Curriculum.

In 2005 the UK Reiki Federation carried out a Consultation with its Reiki Teacher Members and a suggested minimum content for each level of training was put together. The following has been devised as a result of that consultation and subsequent development in Reiki training. The guidelines are general, as differing styles of Reiki may use different techniques and meditations.

Reiki Level 1: Intended for personal development and transformation, self-treatment and the treatment of friends and family.

Basic Recommendations:

Minimum contact training time:	12 hrs
Minimum post-course mentoring and support	4 hrs
Minimum number of days of training:	2
Maximum number of students per class per tutor (no minimum)	10

Minimum recommended content of training for Reiki 1

Description of 1 st level Reiki and attunement(s). Number of attunements depends on style.
Definition of Reiki
A Reiki history
The Reiki principles
Practical uses of Reiki
Creating a Healing Space
Guidelines for self-treatment including opportunity to practise
An awareness of where Reiki should be used with caution
Guidelines for giving a seated treatment plus opportunities to practise – hand positions
Guidelines for giving a full-treatment plus opportunities to practise – hand positions
Recommended reading/updating of knowledge to keep abreast of new developments
Awareness of UK Reiki Federation Codes of Ethics
Written handouts or instruction Manual supplied
Basic Reiki Techniques
Basic Protection and Cleansing
An Introduction to Meditation – Gassho, Joshin Kokyu Ho
Case Studies
Course Certificate supplied - include level, style, name of teacher, date of training
Arrangements made for on-going mentoring/support
Lineage discussed and provided

Recommended post training elements

Receiving Reiki - self-treatment and the receiving of Reiki from others, as part of their continuing self-development
Journal of any treatments given to others
Opportunities for development including attendance at Reiki shares

Reiki Level 2: Intended for personal development and transformation, self-treatment, the treatment of friends and family and a pre-requisite for Practitioner level.

Basic Recommendations:

Minimum suggested elapsed time between Reiki 1 & 2 training	3 mths
Minimum contact training time:	12 hrs
Minimum number of days of training:	2
Maximum number of students per class per tutor (no minimum):	10
Minimum post-course mentoring and support	6 hrs

Minimum Recommended content of training for Reiki 2

Review of prior Reiki learning and development
Description of second level Reiki & attunement
The symbols (Shirushi) , their origins, meanings and uses
Distant healing and its application
Creating a healing space
Meditation and creative visualisation – including Hatsu Rei Ho
Further Reiki Techniques
Protection & Cleansing
Mental/emotional treatments
Healing and the law
Recommended reading/updating of own knowledge to keep abreast of new developments
Awareness of UK Reiki Federation Codes of Ethics
Written handouts or instruction Manual supplied
Course Certificate supplied - include level, style, name of teacher, date of training
Arrangements for on-going mentoring/support
Lineage discussed and provided
Case Studies

Practitioner recommendations:

Continuing Professional Development of at least 12 hours per annum
Practitioner hold Professional Indemnity & Public Liability Insurance

Recommended post training elements (if intending to progress to practitioner level):

Reiki diary – a journal of self-treatment including the use of symbols
Journal of any treatments given to others including the use of symbols
Opportunities for development including attendance at Reiki shares
Receiving Reiki - self-treatment and the receiving of Reiki from others, as part of their continuing self-development – min 100 hours recommended for professional practitioners
Case Studies – the Core Curriculum recommends minimum 75 case studies, 5 of which are supervised

Reiki Level 3a: Master Practitioner Level (not included in all Styles)

Further development as a Practitioner but not for Teaching. This should be more in line with the NOS for Reiki.

Basic Recommendations:

There is no minimum suggested elapsed time between Reiki 2 and 3a training as this will depend on individual personal development and negotiation with the Reiki Master/Teacher however the minimum period from Reiki 1st level training to practitioner qualification (including practice to complete case studies) is recommended min 9 months

Minimum Recommended content of training for 3a Master Practitioner

Review of prior learning and development
Case Studies to supplement requirements of NOS
Attunement to the Master Symbol and explanation of its use
Practice in using Master symbol/s
Journal of treatments given to others
Awareness of other CAM therapies and their benefits
Awareness of Health & Safety and other legislation
Lineage discussed and provided
Meditation and creative visualisation
Advanced Techniques
First Aid skills – recommended
Practitioner Skills – setting up a practice, working with clients
Written handouts or instruction Manual supplied
Course Certificate supplied - include level, style, name of teacher, date of training
Arrangement for on-going mentoring and support

Practitioner recommendations:

Continuing Professional Development of at least 12 hours per annum
Practitioner hold Professional Indemnity & Public Liability Insurance

Recommended post training elements:

Reiki diary – on-going journal of self-treatment including the use of symbols
On-going journal of any treatments given to others including the use of symbols
Opportunities for development including attendance at Reiki shares
Students encouraged to recognise the value of self-treatment and also receiving Reiki from others, as part of their continuing self-development
Professional support from a UK Reiki Federation registered Reiki Master/Teacher for a minimum of 2 hrs in a 3 month period during the first 2 yrs of practice.

Master Teacher – Reiki 3b/4 (Title may vary dependent on style): For Teachers of Reiki

Basic Recommendations:

Minimum suggested elapsed time since Reiki 1	12 mths
Meets with full practitioner requirements as previously detailed	
Length of apprenticeship training to be decided upon with each student in accordance with experience – minimum contact training time	30 hours
Minimum length of training to allow for practice & experience	6 mths

Minimum Recommended content of training for Master Teacher

Review History of style of Reiki
Review of Symbols (Shirushi) specific to style being taught
Review of Existing Training at each level of Reiki
Responsibilities of Mastership and teaching
Attunement to Master Symbol
Master symbol/s, descriptions and uses with opportunity to practise
Mantras/Mudras specific to style being taught
Review of Content to be Covered at each Level of Reiki
How to attune at each level of Reiki including Supervised attunements
Teaching Techniques
Course Design & Preparation
Preparation of Manuals at each level of Reiki
Advanced Reiki Techniques
Advanced Meditation
Creative Visualisation
Protection and Cleansing Techniques
Reiju (this may be style specific)
Different Styles of Reiki
Reiki Shares
Micro Teaching ie supervision of teaching practice
Reiki NOS, Core Curriculum and Requirements for Professional Reiki Training
Introduction to assessment
Legislation
Codes of Ethics
Recommended Resources
Roles of Professional Bodies – Regulator, Lead Body, Professional Organisations
Written handouts or instruction Manual supplied
Arrangements made for on-going mentoring/support
Lineage discussed and provided
Course Certificate supplied – include level, style, name of teacher, date of training

Recommended post training elements:

Opportunities for development/updating of awareness including attendance at Reiki shares
Students encouraged to recognise the value of self-treatment and also receiving Reiki from others, as part of their continuing self-development