

REIKI AUSTRALIA

Review of Health Training Package HLT02 Forms of practice recommended for immediate inclusion in Reiki Treatment Practice qualifications

1 Introduction:

Over the past two years, through attendance at public discussion forums and input of written submissions, Reiki Australia has been contributing to a review of the Health Training Package (HLTO2)ⁱ. HLTO2 incorporates all of the qualifications offered in the Vocational Educational training (VET) sector, including Complementary and Alternative Health. Previously the package has not included a Reiki qualification.

A Professional Standards Team worked with technical writers from Community Services and Health Industry Skills Council (CSHISC) to write the first draft of standards for Reiki treatment practitioners in a format to go out for industry validation, where there is opportunity for interested parties to contribute to the Draft 2. Draft 1 of the revised Health Training Package, including the proposed Reiki treatment practice qualification, was available for public viewing and comment on the CSHISC website between July and September 2005. www.cshisc.com.au Future drafts will be available for comment when they are developed and presented for industry validation.

The qualifications proposed for Reiki are a Certificate IV in Reiki Treatment Practice and a Diploma in Reiki Treatment Practice. This qualification is been developed to appropriately skill practitioners providing treatments in a public setting, for example a hospital, private practice, hospice, drug and alcohol facility or jail.

To cater for practitioners (possibly volunteers) who want to gain additional skills but do not wish to complete the whole qualification, the option of completing a cluster of six competency units is available.

Feedback from some Reiki practitioners and associations has included expressions of concern about the naming in the proposed qualification of three defined forms of Reiki practice. Concern appears to relate to a perception that this will lead to restrictive practice, and that it will exclude the majority of Australian Reiki practitioners.

2 Rationale for defining specific forms of Reiki practice:

Reiki fundamentally differs from other complementary therapies in that it is a spiritual practice as well as a healing art. The Professional Standards Team faced a considerable challenge to include Reiki in the qualification in a way that is respectful of the spiritual aspect, while enabling practitioners' performance to be evaluated as is required in competency-based training.

Four possible options were considered as approaches for including Reiki forms or styles of practice. As part of this consideration, the team took account of feedback and priorities identified through consultation meetings with Reiki practitioners across Australia over a 4 year period.

The following "What If?" scenarios illustrate the possible options:

OPTION 1:

What if a generic or an eclectic description of Reiki practice was adopted as the foundation of the Reiki Treatment Practice qualification?

Implications:

If implemented, this option could:

- be unconditionally inclusive;
- dishonour, and possibly even conflict with, a student's different form of Reiki practice;
- fail to preserve Reiki as a spiritual practice and healing art in the lay practice;
- create difficulties for assessment of Reiki treatment competencies;
- confuse the boundaries between what is and what is not Reiki practice;
- lead to the "homogenisation" of Reiki lay practice rather than honouring the spiritual nature and diversity of forms of Reiki practice. (Consultation meetings identified these as concepts that the Reiki community holds central to the development of any Reiki treatment practice qualification);
- provide a commercial incentive to Registered Training Organisations (RTOs) to offer Reiki initiation and training in addition to the units of competency in the qualification. (Since Reiki training has intentionally been kept outside the qualification, the quality of such training could not be assessed. This might induce some RTOs to offer Reiki training

- in a way that consumed as few of their resources as possible and not reflect best practice);
- create difficulties for professional associations in accrediting members for a professional practitioner category. Without accountable practice guidelines there would be no way to:
 - i. know what practitioners were doing during treatments;
 - ii. endorse a practitioner's Reiki treatment practice without also endorsing any additional practices for which the practitioner may or may not be suitably trained;
 - iii. conduct appropriate, respectful professional supervision;
 - fail to ensure that informed consent to treatment could be obtained (due to the lack of definition of the Reiki practice being offered);
 - complicate the issue of accreditation for professional associations where a particular lineage(s) is part of the accreditation requirement (for example, a practitioner who had achieved the national qualification as a Reiki treatment practitioner, but whose lineage was not accepted by the association);
 - be at cross-purposes with achieving measurable performance standards in professional Reiki treatment practice. (This would hinder the acceptance of Reiki as a treatment approach by health and community service facilities and clinical research sponsors, who require clearly defined standards);
 - increase the vulnerability of professional associations with regard to liability for the conduct of their professional members, as there would not be clarity about the actual practices of these members.

OPTION 2:

What if a single form or style of Reiki practice was selected as the foundation of the Reiki Treatment Practice qualification?

Implications:

If implemented, this option could:

- establish one definition of Reiki treatment practice;
- lead to the dominance of one form in professional Reiki treatment practice;
- dishonour all other practices, and may conflict with a student's / practitioner's chosen lay practice;
- lead to the development of a Reiki "monoculture" with associated intolerance of diversity of practice in Australia;
- provide an unfair trading advantage to practitioners of the chosen form of Reiki practice.

OPTION 3:

What if core aspects of Reiki practice were selected as the foundation of the Reiki Treatment Practice qualification?

Implications:

If implemented, this option could:

- be confounding as it relies upon consistency of understanding and interpretation, or in other words, that the meaning of terms such as “treatment”, “attunement”, “level of practice”, or “lineage” etc are the same for every practice;
- lead to misrepresentation of Reiki practices. For example, the status of a practice (eg meditation) held as core to a particular form of Reiki, but not an element of all forms, could be relegated to an optional unit;
- undermine the integrity of the distinct Reiki practices;
- dishonour, and possibly even conflict with, the student’s form of Reiki practice;
- be of no practical use in obtaining informed consent, or in accrediting practitioners;
- lead to confusion and conflict about diversity of Reiki practices.

OPTION 4:

What if defined forms of Reiki practice were the foundation of the Reiki Treatment Practice qualification?

This option is compatible with the feedback from the national consultation meetings. It also avoids the main problems associated with the previously described approaches.

Following is the rationale for electing defined forms as the foundation of the qualifications.

This option provides the means to:

- **Preserve Reiki as a spiritual practice and healing art**
- Feedback from consultation repeatedly affirmed that the Reiki community wants a national standard that acknowledges the spiritual practice as the foundation for treatment practice.

- **Enable inclusion of forms**

Basing the qualification on defined forms enables infinite inclusion of a diversity of forms of *Reiki* treatment practice, whilst retaining a means to exclude *non-Reiki* practices. The diversity of forms of Reiki practice can be honoured by acknowledging their difference.

- **Promote tolerance and respect**
Definitions of form will promote respect, understanding and inclusiveness within the Reiki community, and enable the explicit promotion of these values to be included in the qualification.
- **Promote consumer choice and enable accurate information**
Definition of forms enables clients to seek out a particular form of Reiki treatment if they wish.
- **Facilitate informed consent**
Obtaining informed consent is a basic expectation in the provision of professional health services. A client cannot provide informed consent if the practitioner is unable to adequately describe the service being offered. Definition of form enables a Reiki practitioner to offer as much detail as required by the clients, to enable consent according to their own criteria.
- **Assist accreditation by professional Reiki organisations**
Definition of forms of Reiki practice will assist professional organisations to accredit practitioners and to support their professional members, including through the provision of appropriate mentoring.

The vulnerability of professional organisations in an increasingly litigious society will be reduced if the practices of their professional members are clearly defined. Definition of form of Reiki practice will also clarify the boundaries between Reiki practice and other practices/modalities/behaviours.

- **Enable credible assessment**
Within the National Training System, vocational qualifications can only be delivered by Registered Training Organisations (RTOs). Assessors within the RTO are legally responsible for their evaluation of a learner's competency. Therefore a qualification obtained through the National Training System means that the holder has been assessed as competent in all the required units. Defining forms of Reiki practice is necessary to enable such an assessment of the student's Reiki treatment practice competency within a diversity of settings.
- **Enable consistency in standards**

The evaluation of Reiki treatment practice according to defined forms will support the preservation of Reiki as a spiritual practice and healing art and ensure consistency in standards. In addition to enabling assessment, this model for inclusion promotes the contracting by RTOs of Reiki Masters and practitioners as trainers and assessors for the Reiki specific units.

3 Forms of Reiki practice exemplified for inclusion in Draft 1 of the qualifications

Currently, the forms of practice that are recommended for immediate inclusion in the qualification are those in which practitioners, Lineage Bearers and Founders have actively participated in the process of definition. The listed forms of Reiki practice meet the following guidelines:

- They are forms of practice traceable to Mikao Usui;
- They have the explicit consent and active support and involvement of the Lineage Bearer or Founder who is the authority for that form of Reiki practice;
- They are clearly defined by the Lineage Bearer or Founder, thus facilitating delivery of training and appropriate assessment of the student's Reiki treatment practice; and
- They have clear protocols with regard to using Reiki to treat others.

These practices are not a complete list of Reiki forms recommended for inclusion in the qualification. However, at the stage of the completion of Draft 1 they represent the forms that:

- meet the above guidelines for inclusion;
- have been identified through a practitioner survey conducted by Reiki Australia in 2004 as predominant forms of Reiki practice; and
- have the necessary support of Masters and practitioners who have been willing to do the work of establishing definitions.

The forms recommended for inclusion in Draft 1 are:

1. *Usui Shiki Ryoho*, also known as *Usui System of Reiki Healing* or *Usui System of Natural Healing*.

The acknowledged Lineage Bearer, Phyllis Lei Furumoto, has been actively involved in dialogue with Reiki Australia, and has undertaken ongoing commitment to enable the endorsement or appointment of Usui Shiki Ryoho Masters to support the qualification. This commitment includes travel to Australia to address the delegation of the 2006 National Reiki Conference and to offer seminars to Reiki students on definition of form. A document on the Definition of

the Form of Usui Shiki Ryoho is near completion. We are honoured by Phyllis Lei Furumoto's blessing and commitment to this process.

2. Reiki Jin Kei Do

The acknowledged Lineage Bearer, Dr Ranga Premaratna, has been actively involved in dialogue with Reiki Australia and has undertaken ongoing commitment to enable the endorsement or appointment of Reiki Jin Kei Do Masters to support the qualification. This commitment includes agreement to address the delegation of the 2006 National Reiki Conference and to offer seminars to Reiki students on definition of form. A document on the Definition of the Form of Reiki Jin Kei Do is near completion. We are honoured by Dr Ranga Premaratna's blessing and commitment to this process.

3. Gendai Reiki ho

The acknowledged Founder, Hiroshi Doi Sensei, has been actively involved in dialogue with Reiki Australia and has undertaken ongoing commitment to enable the endorsement or appointment of Gendai Reiki ho Masters to support the qualification. Reiki Australia's invitation to Doi Sensei to travel to Australia to address the delegation of the 2006 National Reiki Conference and to offer seminars to Reiki students is under consideration. Doi Sensei announced some years ago that he was ceasing international travel to engagements. That he is open to making an exception to this decision is an indication of his commitment and support for this process. We are honoured by Doi Sensei's blessing and commitment to this process.

As part of the consultation, Reiki Australia also approached several other acknowledged Lineage Bearers and Founders whose form of Reiki appears to be significantly practised in Australia.

For more detailed information refer to the Report on Reiki Treatment Practice draft 1 Qualification for inclusion in the Health Training Package HTLO2.

The structure of the proposed Reiki Treatment Practice qualifications facilitates inclusion: the qualifications are designed to incorporate other forms of Reiki practice. This can occur in Draft 2 of the current review of the Health Training Package, or in the future. The proposed qualifications are a beginning point, the development of which will entail inclusion of further definitions of form so as to reflect richer diversity of practice.

ⁱ For more information visit the National Training Information website www.ntis.gov.au