Reiki

Concept, origin and development

Reiki is a spiritual healing energy. It originated from a Japanese man called Mikao-Usui and has been passed through several reiki grandmasters and has been adapted by many teachers with varying traditions. The work reiki comes from the Japanese word (Rei) - meaning universal life and (Ki) - which means energy. Reiki is a universal energy that flows through all living things. When a reiki practitioner is giving a treatment to a person they act as a vessel channelling this universal energy into the person through their hands. This helps to initiate the natural healing process of a person’s energetic and physical body. The person receiving the treatment can be laid down on a therapy table or in a seated position.

A person will need to go through an attunement process to be able to channel reiki energy- a master/teacher practitioner will give this attunement to a student. There are three stages with three different attunements. As a student of reiki you can keep moving up a stage as you gain more experience in reiki healing. The stages are named- The first degree, the second degree and third degree. Each stage is a different course a person will go on. In the attunement process the teacher will channel energetically reiki symbols to the student. The symbols are sacred and are used to enhance a healing process and are only available to students in their second degree of training.
**Therapy objectives**

Reiki helps to re-balance a person’s flow of energy in their body and is used to help initiate the natural healing process of a person’s body and their energy field. It can work on all areas—mind, body and spirit. Reiki has a positive effect on various different forms of illnesses and negative conditions. One of the greatest benefits is stress reduction and relaxation. Some of the health benefits are:

- Deep relaxation
- Aiding better sleep
- Relieving pain
- Assists the body to clean out toxins
- Reduces blood pressure
- Supports the immune system
- Helps emotional clearing.

Reiki works in harmony with all other forms of healing, even when a person is under a doctor receiving medical treatment.

If reiki healing doesn’t seem to directly help a specific condition a person is being treated for, it usually always helps to de-stress and relax a person. A person can heal more effectively when they are in a more relaxed de-stressed state. That I feel is the essence of how reiki healing really helps a person.
**Regulations, legal obligations and training required**

Currently in the Uk there is Voluntary Self-Regulation VRS process, so it is not compulsory, a person does to need to register if they don’t want to.

The body representing reiki is the reiki council. The federal regulatory body for reiki is- The General Regulatory Council for Complementary Therapies (GRCCT). Reiki practitioners can register for VRS by registering with GRCCT. Once you have registered there is a requirement to comply with the NOS (National Occupational Standards)-this was developed to ensure reiki practitioners work within clearly defined professional standards. The role of the regulatory body is to protect the public because it gives the public and employers quality assurance that the practitioner's qualifications and/or experience meet standards that are required for professional practice. It also gives assurance to doctors/ other health care professionals using a national register.

Uk Reiki Federation is an independent federation of people who have been attuned to Reiki. The aim is to provide support and guidance to Reiki professionals and the public. The federation pays particular attention to education and training, and also the public practice of Reiki.

The UK Reiki Federation's directory of practitioners and teachers provides individuals with various different options for receiving Reiki, and for training and CPDs.

To be a reiki practitioner you would need to complete the recognised courses and then you will receive a certificate to certify you have successfully passed the training. This certificate you will use as proof that you have the training needed to practice professionally.
As a reiki practitioner it is advised to take out public liability insurance even though it is relatively low risk, a person needs to protect themselves and their business from for example a client trying to take out legal action against you for whatever reason.

**Key aspects of good practice**

**Cliental consultation**

A consultation will usually involve the practitioner and the client. It will be confidential and professional. The practitioner will explain about the treatment and its benefits and possible side effects that may happen. They will devise and tailor a treatment plan to meet and suit the cliental needs and give them homecare advice. All information recorded and kept with the practitioner should be stored in a locked cabinet, where you only have access to it. It is good practice to use a client treatment consultation form where both the client and both of you sign saying that you understand what the whole process involves.

**Referral**

If the practitioner feels concerned in any way about a client’s condition, they should be referred to seek advice from for example a doctor. If the client is presenting mental health symptoms and you feel they are at risk of self-harm, then the confidentiality is over ridden and the reiki practitioner is obliged to report this to the appropriate authorities. If the therapist is registered with the reiki federation, they are obliged by law to report this. Also it is your responsibility as a therapist and is ethical to refer a person if you feel that this type of treatment will not benefit the person or you feel it is not appropriate for whatever reason to treat the person.

**Methods of communication**

- Listening effectively to the client
- Be unjudging in the way you communicate
- Having open body language
- Make sure the client understands what you are discussing
- Give the client all relevant information about the treatment and the process.
- Use open and closed questions to help the flow of information and conversation and help the client open up.
- Create a calm positive environment.
- Give good eye contact
- Encourage the client to be proactive in their own treatment plan and come to agreed decisions together.
- Try and communicate with the client in a way where the client will understand what is being discussed. If you feel they are not sure what you are communicating to them then try to rephrase what you are saying. Try and get onto their level of thinking.
- Try and encourage a client led conversation, with them at the centre of what you are discussing always.

**Negative feedback**

As a practitioner it is good to invite and be open to feedback positive and negative. With the negative it is an opportunity to develop yourself and your performance. It can enable you to effectively improve and adapt the treatment you are giving to a person to meet their needs better. It may also highlight the need for you to go on a CPD course to develop yourself.

**Crystal Therapy**

**Concept, origins and development**
The word crystal comes from the Greek `krystallos’, meaning, `ice’. The ancient Greeks gave this name as they believed crystals were ice, frozen so hard it would never melt again. This belief ceased in the 18th century. They were aware of the healing properties of crystals and wrote about them. Various different cultures have developed traditions of crystal healing over time

- The bible refers to the use of crystals at times- The book of exodus in the Old Testament tells of God standing on a pavement of sapphire.

- The ancient Egyptians considered crystals to be sacred and used certain crystals for cosmetic purposes by grinding them down.

- The Aztec culture in Mexico considered turquoise to be a stone of the gods.

- The Chinese have traditionally attributed healing powers jade.

Each different type of crystal has its own unique make up of atoms and molecules. The way in which the individual atoms join together determines what molecules will form and what material will manifest. The crystal molecules vibrate at the same frequency and some say in perfect harmony with the divine source or universal energy.
Crystal’s vibrational energy in a crystal healing is used to positively affect a person’s energy in their body and their vibrational energy field. They work in partnership together- the crystals energy working in harmony with the person’s energy to help re-balance, transform and heal a person.

A person will usually be laid down on a therapy table and a practitioner will place different crystals on different areas of the body depending on the treatment plan and the healing properties of the crystals. Some will have crystals put on them to re-balance their chakras, so will have specific crystals placed on each chakra.

**Therapy objectives**

Crystal healing can help re-balance the body to assist the body’s own natural ability to heal from dis-ease and disharmony. It could be helpful for people suffering with various types of health problems, anxiety, depression, migraines, auto immune problems, blood pressure problems, digestive problems, the list goes on. Much like with reiki, if the treatment doesn’t seem to appear to directly improve a person’s ailment it will more likely help put them into a deeper state of relaxation. This state of being is what helps the body to be able to heal and repair itself.

**Regulations, legal obligations and Training**

In the UK crystal therapy is not regulated by law, anyone can practice as a crystal therapist despite lacking the appropriate training and experience. A few professional associations have taken on the role of self-regulation.

The Affiliation of Crystal Healing Organisations (ACHO) 1988 was formed by a group of crystal healing organisations to encourage training and competence in crystal therapy. Also acts as a nationally recognised representative body for crystal healing. ACHO has a Practitioner Register of qualified crystal healers. Listed practitioners will be required to have an accredited ACHO Foundation course (around 50 hours), an ACHO Certificate course (around 90 hours tutor present) or a full ACHO Diploma course, (around 180 hours tutor present).
Crystal therapists have the choice whether they want to register with this association. They must however meet requirements set by the organisation and agree to comply with their code of ethics and complaints procedure.

It is advisable that a crystal practitioner has public liability insurance to protect themselves and their business from for example a cliental trying to take them through legal proceedings.

**Key aspects of good clinical practice**

**Client consultation**

A consultation will usually involve the practitioner and the client. It will be confidential and professional. The practitioner will explain about the treatment and its benefits and possible side effects. The client will be given homecare advice. The practitioner will devise and tailor a treatment plan to meet and suit the cliental needs. With crystal healing the practitioner would need to explain that the crystals will be placed on their body, if at any point they find this uncomfortable they should let the therapist know.

All information recorded and kept with the practitioner should be stored in a locked cabinet, where you only have access to it. It is good practice to use a client treatment consultation form which is signed declaring that you understand what the whole process involves.

**Referral process**

If the practitioner feels concerned in any way about a client’s condition, they should be referred to seek advice from for example a doctor. If the client is presenting mental health symptoms and you feel they are at risk of self-harm, then the confidentiality is over ridden and the therapist is obliged to report this to the appropriate authorities. Also it is your responsibility and is ethical to refer a person if you feel that this type of treatment will not benefit the person or you feel it is not appropriate for whatever reason to treat the person.

**Methods of communication**
- Listening effectively to the client
- Be unjudging in the way you communicate
- Having open body language
- Make sure the client understands what you are discussing
- Give the client all relevant information about the treatment and the process and give them another time to discuss things with you. This enables the client and you as a practitioner to make better informed decisions.
  - Use open and closed questions to help the flow of information and conversation and help the client open up.
  - Create a calm positive environment.
  - Give good eye contact
  - Encourage the client to be proactive in their own treatment plan and come to agreed decisions together.
  - Try and communicate with the client in a way where the client will understand what is being discussed. If you feel they are not sure what you are communicating to them then try to rephrase what you are saying. Try and get onto their level of thinking.
  - Try and make it a client led conversation, with them at the centre of what you are discussing always.

**Negative feedback**

As a practitioner it is good to invite and be open to feedback positive and negative. With the negative it is an opportunity to develop yourself and your performance. It can enable you to effectively improve and adapt the treatment you are giving to a person to meet their needs better. It may also highlight the need for you to go on a CPD course to develop yourself.

A good way to get feedback if none is offered verbally would be to perhaps ask the client if they could kindly fill out an evaluation form that you have devised.
Herbalism

Concept, origin and development

Herbalism is the ancient tradition of studying herbs and using them for their healing properties. Traditional herbalism in the west has been overtaken by today’s healthcare systems, based on scientific research and regulated by a rigid framework of rules. Statistics from the World Health Organisation (WHO) show, however, that 80% of the third world still uses traditional herbalism as their main form of healthcare.

There are many varieties of medical practices across the world that uses herbalism:-

- **Traditional Chinese medicine** – Their belief is that herbs can help to improve the flow of qi (energy) in our bodies.

- **Kampo** - A Japanese healing tradition, using herbs to restore balance in the body.

- **Traditional Tibetan medicine** – Uses a combination of acupuncture, nutrition and herbal remedies to restore health to the body.

- **Ayurveda** – Traditional Indian healthcare- combines yoga, nutrition, massage, meditation and herbal remedies.
● Western herbal medicine - Regulated by WHO, medicine using a combination of traditional methods and modern scientific research.

Modern western medicine has roots in traditional herbalism. Many modern drugs are derived from natural substances. However, now certain chemicals are isolated and extracted from the herb before being synthesised. Many herbalists strongly disagree with this extraction as they believe all of the different elements within a plant are in perfect balance - something that is important in the healing process.

A trained herbalist after doing a consultation will decide which herbal remedy would be best suited to you and to help your ailments.

Herbal medicines come in many different forms, including:

● Infusions
● Syrups
● Lotions/creams
● Compression
● Poultices
● Oils
● Powders
**Therapy objectives**

A herbalist will use herbs to treat many different types of ailments in a person varying from more simple conditions to more complex, and from acute to chronic conditions.

Depending on your ailment will depend on which herbal remedy they will prescribe you to take. Each herb has different properties so the herbalist will work out from doing a diagnostic with you what is the best to treat your condition or the best combination of herbs to treat you with. The herb and plant when in its natural form has a natural balance and when used as a remedy can help re-store balance and health in a person.

Like with anything, herbs can have side effects so the herbalist will encourage the client to let them know if they get any. Depending on the side effect will depend on whether they advise you to stop taking.

**Regulations, legal obligations and Training required**

In 2011, the EU set new rules in order to protect consumers from the potential harmful side effects of some over-the-counter herbal medicines. Under new regulations now, only the quality controlled and long established medicines can be sold.

Before this 2011 amendment, the commercial use of herbal medicine in the UK was regulated by the 1968 Medicines Act. This was drawn up at a time where very few herbal remedies were available over the counter.

Authorities believe now that people need to be made more aware of the powerful effects of some natural remedies and the reactions some can have with prescribed medication. In order to administer unlicensed herbal medicines, a herbalist must register their product with the Traditional Herbal
Registration (THR). This gives the client full control over what herbs they take. You are always advised to consult your GP before taking a herbal remedy.

The National Institute of Medical Herbalists (NIMH) is the UKs leading professional body representing herbal practitioners. Students graduating from a BSc Herbal Medicine -three year course and PGDip/MSc accredited by NIMH or EHTPA are eligible to apply for membership of NIMH.

**Key aspects of good clinical practice**

**Client consultation**

A consultation will usually involve the practitioner and the client. It will be confidential and professional. The practitioner will explain about the treatment and its benefits and possible side effects. The client will be given homecare advice. The practitioner will devise and tailor a treatment plan to meet and suit the cliental needs. All information recorded and kept with the practitioner should be stored in a locked cabinet, where you only have access to it. It is good practice to use a client treatment consultation form which is signed by the client declaring that they understand what the whole process involves.

**Referral process**

If the practitioner feels concerned in any way about a client’s condition, they should be referred to seek advice from for example a doctor. If the client is presenting mental health symptoms and you feel they are at risk of self-harm, then the confidentiality is over ridden and herbalist is obliged to report this to the appropriate authorities. Also it is your responsibility as a therapist and is ethical to refer a person if you feel that this type of treatment will not benefit the person or you feel it is not appropriate for whatever reason to treat the person. Herbalism will not suit everyone and certain herbs may react with a person’s body and cause side effects, if this happens then the herbalist should refer them to see a doctor. Certain side effects can be expected or probable, so perhaps a herbalist would feel confident in reassuring the client that it is a normal process of the healing, however the client should still be advised to see a doctor if they are concerned.

**Methods of communication**
• Listening effectively to the client
• Be unjudging in the way you communicate
• Having open body language
• Make sure the client understands what you are discussing
• Give the client all relevant information about the treatment and the process and give them another time to discuss things with you. This enables the client and you as a practitioner to make better informed decisions.
• Use open and closed questions to help the flow of information and conversation and help the client open up.
• Create a calm positive environment.
• Give good eye contact
• Encourage the client to be proactive in their own treatment plan and come to agreed decisions together.
• Try and communicate with the client in a way where the cliental will understand what is being discussed. If you feel they are not sure what you are communicating to them then try to rephrase what you are saying. Try and get onto their level of thinking.
• Try and make it a client led conversation, with them at the centre of what you are discussing always.

**Negative feedback**

As a practitioner it is good to invite and be open to feedback positive and negative. With the negative it is an opportunity to develop yourself and your performance. It can enable you to effectively improve and adapt the treatment you are giving to a person to meet their needs better. It may also highlight the need for you to go on a CPD course to develop yourself.

A good way to get feedback if none is offered verbally would be to perhaps ask the client if they could kindly fill out an evaluation form that you have devised.
Colour therapy

Colour also known as chromo therapy is a gentle non-invasive complementary therapy that can be used to help a range of health issues. Colour therapy has been in use for a long time- In ancient Egypt, China and Greece. For thousands of years colour and light has been used to enhance well-being.

- The ancient Egyptians have been recorded to use colour for ailments and cures
- In the middle Ages, Paracelsus reintroduced the knowledge and philosophy of colour using the colour rays for healing in combination of music and herbs.
- Dr Niels Finsen developed a treatment for smallpox using red light and was later awarded the Nobel Prize for medicine in 1903 for his work in treating skin diseases (lupus vulgaris) with ultraviolet light.

- Colour and light is recognised and used in conventional medical treatment such as:

  Colour and light is recognised and used in conventional medical treatment such as:
• The treatment of neonatal jaundice in babies with blue light

• Ultraviolet light used for skin conditions like eczema and psoriasis.

• Many doctors recognise SAD (Seasonal Affective Disorder) a type of seasonal ‘due to the lack of natural light. A full spectrum lightbox is often used to alleviate symptoms.

More recent developments:

There a few developments in medicine with new treatments such as:

• Photodynamic Therapy (PDT) in the treatment of certain cancers

• Low level Laser Light Therapy (LLLT) shows promise in the areas of wound healing, speeding healing and alleviating pain.

Colour is a form of visible light- electromagnetic energy. All the colours reflected in the rainbow carry their own unique healing properties.

A colour therapist applies light and colour in the form of tools (gemstones, candles, lamps, crystal wands, coloured fabrics, lasers, colour bath treatments) visualization, or verbal suggestion to help balance energy areas of our bodies that are lacking vibrancy and good health, be it physical, emotional, spiritual, or mental.

Each colour is connected to various areas of our body and our chakras (energy centres of the body) and will affect us differently emotionally, physically, and mentally. Colour influences us, when understood and learnt about, we can effectively use colour to help re-balance our body and mind.

**Therapy objectives**

Colour therapy can be used to:-

• Treat illness and disorders

• alleviate physical ailments and pain

• help mental and emotional conditions
• prevent illness and maintain good health
• Help balances energy and restore vitality throughout the body;
• Helps promote relaxation and meditation.

Colours have their own unique properties and benefits for diseases and disorders. A colour therapist will carefully select the appropriate colours to help re-store balance to a person and try to improve a person’s condition and health concern.

**Regulations and legal obligations and training**

The International Association of Colour (IAC) is a professional association for colour therapy practitioners, students and colour training centres. A list of colour practitioners world-wide is presented here, along with a directory of affiliated colour training centres.

You can become a colour therapist practitioner by getting a qualification, diploma or certificate, like those recognized by:

• Vocational Training Charitable Trust (VTCT).
• International Association of Colour (IAC)

Diploma in Colour therapy generally acquires 2 years to finish.

Qualification, diploma or any experience in anatomy, physiology and counselling can be proven very important for admission to some training courses.

During the 2nd year of a diploma course in colour therapy a person can teach as a provisional practitioner. This involves at least 30 hours administered practice, which they might have to organize them self. They will be required to finish different modules in counselling and anatomy and physiology before the completion of the diploma course.

There are no legal rules and regulations in the Colour therapy profession; you can, however, improve your credibility and authenticity by registering to an association, such as British Register for Complementary Practitioners managed
Key aspects of good clinical practice

Client consultation

A consultation will usually involve the practitioner and the client. It will be confidential and professional. The practitioner will explain about the treatment and its benefits and possible side effects. The client will be given homecare advice. The practitioner will devise and tailor a treatment plan to meet and suit the cliental needs. All information recorded and kept with the practitioner should be stored in a locked cabinet, where you only have access to it. It is good practice to use a client treatment consultation form which is signed by the client declaring that they understand what the whole process involves.

Referral process

If the practitioner feels concerned in any way about a client’s condition, they should be referred to seek advice from for example a doctor. If the client is presenting mental health symptoms and you feel they are at risk of self-harm, then the confidentiality is over ridden and the therapist is obliged to report this to the appropriate authorities. Also it is your responsibility and is ethical to refer a person if you feel that this type of treatment will not benefit the person or you feel it is not appropriate for whatever reason to treat the person.

Methods of communication

- Listening effectively to the client
- Be unjudging in the way you communicate
- Having open body language
- Being attentive towards the client and making sure they understand what you are discussing
- Give the client all relevant information about the treatment and the process and give them another time to discuss things with you. This enables the client and you as a practitioner to make better informed decisions.
• Use open and closed questions to help the flow of information and conversation and help the client open up.

• Create a calm positive environment.

• Give good eye contact

• Encourage the client to be proactive in their own treatment plan and come to agreed decisions together.

• Try and communicate with the client in a way where the client will understand what is being discussed. If you feel they are not sure what you are communicating to them then try to rephrase what you are saying. Try and get onto their level of thinking.

• Try and make it a client led conversation, with them at the centre of what you are discussing always.

**Negative feedback**

As a practitioner it is good to invite and be open to feedback positive and negative. With the negative it is an opportunity to develop yourself and your performance. It can enable you to effectively improve and adapt the treatment you are giving to a person to meet their needs better. It may also highlight the need for you to go on a CPD course to develop yourself.

A good way to get feedback if none is offered verbally would be to perhaps ask the client if they could kindly fill out an evaluation form that you have devised.