

CORE CURRICULUM

FOR

‘REIKI FOR ANIMALS’

MAY 2018

Reiki Council

This document is based on the CNHC Reiki Core Curriculum

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INTRODUCTION

1.	The content of this Core Curriculum provides a minimum standard for safe and competent practice. It incorporates the National Occupational Standards (NOS) for LANACT1, LANACT 2 and LANACT 3. Copies of for LANACT1 and LANACT 2 are attached as Appendix 1 to this document, with the wording of the overviews only included in section 2A and 2B below. The full details of LANACT 3 are set out in section 2C below. Relevant aspects of LANACT 10 (Observe and be aware of the behaviours of animals) are expected to be complied with as part of the teachings on 'Understanding Animals' - document attached.
2.	Prior to becoming an Reiki Practitioner for animals it is essential to first be a competent practicing professional Reiki Practitioner for people. Working with animals may require the owners and carers of animals to be offered Reiki to benefit behavioural and emotional issues. Training for offering Reiki to animal may be specific to one species or general across a range of animals. If specific species, where 'Reiki for Animals' is written or indicated, this should be equally read as 'Reiki for horses', 'Reiki for dogs' etc.
3.	Achievement of the educational and professional outcomes in this Core Curriculum act as the measure for eligibility to apply for Animal Reiki Practitioner membership with any of the eight Professional Reiki Organisations making up the UK Reiki Council ie. The UK Reiki Federation The Reiki Alliance The Reiki and Seichem Association The Reiki Association The Reiki Connection Complementary Therapists Association The Reiki Guild.
4.	The outcomes have to be achieved but our intention is not to be too prescriptive about their interpretation, as long as it lies within the boundaries set out in paragraph 1. Although a minimum standard only, we hope the Curriculum will form a template that is sufficient in itself but which leaves room for expansion by individual organisations if so desired and is inclusive of various Reiki modalities.
5.	It will be the responsibility of the Professional Organisations who offer membership for Reiki Practitioners specifically trained to work with animals and hence recognition of this professional status to:
a)	ensure that the Core Curriculum is notified and available to all members, so that it can be used as the basis for the design and delivery of their courses.
b)	accept accountability for approving suitable training courses that meet the required standards.
1 OVERALL AIMS OF THE COURSE	
(i)	To ensure that those who complete the course are safe and competent to practise Animal Reiki as autonomous animal healthcare practitioners.
(ii)	Establish levels of practice, learning and professionalism which will educate Reiki students to offer Reiki to Animals as professional practitioners in all settings in which they may possibly work i.e. private practice, in animal care centres eg rescues and sanctuaries, veterinary establishments and other venues where animals are homed and cared for. This includes Reiki techniques as well as understanding and safely handling animals.

(iii)	Empower Animal Reiki students to develop through personal growth, self development and reflection.
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2 LEARNING OUTCOMES AND COMPETENCIES TO BE ACHIEVED

2A LANACT1 Assess and define the animal’s needs for complementary and natural/ holistic healthcare

Overview
 This standard covers assessing and defining an animal’s need for complementary and natural/holistic healthcare. This includes assessing the suitability of the treatment for the animal, taking account of its condition and situation.
 Complementary and natural/holistic animal healthcare requires an understanding of the animal – his or her character, physical health, emotional wellbeing and behavioural issues. It also requires an understanding of the owner or carer’s desires and expectations as well as the potential impact on the animal’s issue(s). An initial assessment and ongoing reviews will help a practitioner to determine the suitability and potential benefit of their therapy on the animal and ascertain how it may be best applied – either on its own or as part of a wider healthcare package.
 This standard aims to ensure that therapists and other service providers fully understand the animal species they will be working with and have a good rapport with the owner or carer. It also requires service providers to comply with the policies and professional codes of practice relevant to their discipline and specifies that they base their practice on accurate and up-to-date information

2B LANACT2 Develop and agree plans for complementary and natural/ holistic healthcare for the animal

Overview
 This standard covers developing and agreeing plans for the complementary and natural/holistic healthcare of an animal with their owner or carer.
 Prior to a complementary and natural/holistic discipline being offered or given to an animal it is important that a proper discussion takes place with the animal’s owner or carer in order to agree the appropriate and desired procedure. An initial assessment and an ongoing review should evaluate progress and plan any further treatment.
 This standard sets out the factors that must be fulfilled and complied with to make sure that the needs of the animal and their owner or carer are met. This must allow for the fact that as the discipline proceeds planned actions may need to change. It also requires service providers to comply with the policies and professional codes of practice relevant to their discipline, and that practitioners base their practice upon accurate and up-to-date information.

2C LANACT3 Professionally provide Reiki to animals

Overview
 This standard covers offering Reiki to animals.
 Reiki, whether for people or animals, is a gentle and non-invasive hands-on or hands-off complementary and holistic energy therapy that can benefit the mind and body. It may help on a physical, mental or emotional level and may hence help with behavioural issues in animals.
 Reiki is known to be relaxing, to improve the feeling of well-being and enhance the sense of self. Reiki translates as “universal life force energy” and its origins date back thousands of years, although the therapy as we know it today was developed by Mikao Usui in Japan in the early 1900s.
 This standard details the expectations and requirements for the offering of Reiki to animals. Reiki is offered to animals, not given or provided, the animal is in charge and chooses whether or not to accept it
 The standard will also require Reiki Practitioners to comply with the Reiki Council Code of Conduct and Ethics, to work within relevant policies and base their practice upon accurate and up-to-date information. This necessitates training at all levels to include in-person training or assessments.

Please also note:

- Reiki Practitioners must not only be trained to practitioner level to work with people but also specifically trained to work with animals at this level
- Their insurance cover must also include treatments to animals
- There is also a need to comply with general standards for animal care and animal complementary and natural/holistic complementary therapies, which includes this National Occupational Standard (NOS) and other relevant NOS listed in the Links to other NOS section of this document.

Performance criteria *You must be able to:*

Deleted: ¶

1. offer Reiki to the animal in line with relevant professional and legal requirements and in accordance with your teaching and subsequent learning, to meet the animal's needs
2. use safe practices as appropriate for the animal concerned and its requirements in order to minimise any risks to the animal, yourself and others
3. confirm that the location/environment where Reiki is offered is suitable, that you and the location are prepared appropriately and that you work in accordance with procedures required by the location
4. explain to the animal's owner or carer the process of Reiki and how it is offered to animals and encourage them to actively engage in discussions and decision making
5. confirm details of the animal's health, well-being, lifestyle, temperament, veterinary diagnoses, medication/treatment, and any other relevant information
6. approach, handle and work with the animal in a manner that is likely to gain their confidence, build trust and promote their co-operation, in order for you to offer Reiki effectively
7. allow the animal to choose its preferred distance from you unless you are segregated from the animal, in which case work from an appropriate distance
8. offer Reiki treatments in accordance with the plan agreed with the owner or carer
9. continually check the animal's well-being and response to the Reiki treatment and act accordingly, depending on the animal's response
10. adapt your treatment as you progress to meet the animal's needs and to address areas that you have identified require more attention
11. utilise different Reiki techniques where appropriate, especially for emotional and behavioural issues
12. propose offering Reiki to the owner or carer as appropriate, if the issue with the animal stems from the owner's or carer's behaviour
13. provide feedback from the session to the owner or carer in terms of what the Reiki energy indicated and your observations of the animal's response to the session
14. assess the Reiki outcomes to determine its effectiveness and the most appropriate future actions and plans

15.	request that the owner or carer provides feedback following the session and discuss any actions they might take that could benefit the animal
16.	recognise when to cease the Reiki treatment, pause temporarily and/or give reassurance
17.	produce records that comply with relevant professional, legal and organisational requirements
18.	maintain standards of professional conduct and ethics and work within the limits of your own authority, expertise, training, competence and experience
19.	reflect on your own performance and plan, record and evaluate your continuing professional development
20.	maintain working relationships with colleagues, clients and other practitioners within your discipline as well as veterinary or other animal care professionals as required
21.	comply with current legislation and associated codes of practice related to the healthcare and welfare of animals at all times

Knowledge and understanding

You need to know and understand:

1.	Reiki theory at (human) practitioner level, including its history, development, principles, general use, the importance of self-treatments, and the practical benefits for the mind, body and spirit
2.	the relationship between, and potential benefits of, using Reiki with orthodox veterinary medicine/care and other complementary therapies, as well as alone in appropriate circumstances
3.	Reiki practice, including the offering of Reiki hands-on, hands-off and distantly, and which is best to use with different animals to achieve the most favourable response
4.	your own/your teacher's lineage to Mikao Usui and the importance of receiving direct in-person attunements or initiations when training to become a Reiki Practitioner
5.	how to gather information from the animal's owner or carer about the animal's current and past health conditions, veterinary diagnoses and treatments for physical, emotional, mental well-being and other issues, and why this is needed
6.	under what circumstances you should consult with the animal's owner or carer to ensure a diagnosis is made by a veterinary surgeon prior to offering Reiki
7.	the importance of explaining Reiki to the animal's owner or carer and gaining their understanding
8.	the skeletal structure and the location and function of the main organs in the animals you will be offering Reiki to
9.	key physical conditions that may arise in animals and how Reiki may support the animal's healthcare
10.	how Reiki may help animals with behavioural issues that stem from emotional issues and how to utilise different techniques
11.	how to recognise "red flag" symptoms where emergency veterinary assessment or

12.	treatment is necessary and an awareness of diseases that are notifiable the possible outcomes following Reiki treatments
13.	how to offer Reiki in a way that is tailored to the needs of each individual animal and circumstance, enabling the animal to choose whether, how and for how long it may wish to accept the Reiki
14.	how to undertake your work in accordance with procedures at the location used for the Reiki treatment
15.	situations when it may be appropriate to cease Reiki and how to discuss with the owner or carer
16.	how to assess post-Reiki changes in the animal using your own observations and feelings as well as feedback from the owner or carer and use this to evaluate progress and determine the next steps
17.	the relevant professional, legal and organisational requirements for producing and storing records for all consultations and treatments
18.	your professional and ethical responsibilities, the limits of your authority, expertise, training, competence and experience and the need for appropriate insurance for working with people and animals
19.	the role of Reiki professional organisations and associations
20.	the requirements of current animal welfare legislation and the restrictions of the Veterinary Surgeons Act on diagnosing and treating animals

The 'Understanding animals' part of the training must include relevant aspects of LANACT 10

2D LANAnC10 - Observe and be aware of the behaviour of animals

Overview

This standard is about observing and being aware of the behaviour of animals that you are working with.

This standard involves observing animals as part of your work or studies with them in order to promote their welfare and minimise risks to yourself, the animal and others. You will develop an awareness of how the behaviour of animals is influenced, including your own interactions with the animal.

Users of the standard will need to ensure that practice reflects up-to-date information and policies, and that they work within the limits of their authority, expertise, training, competence and experience.

This standard is suitable for anyone who works with animals.

3 HOURS OF STUDY

3.1	Total Qualification Time for students new to working with animals. A minimum of approx. 229** total 'learning hours' (* ** Allows an hour per treatment – to include discussion with the owner pre and post Reiki session although it is accepted that depending on the animal and situation this full hour may not always be required). This is an estimate of the total amount of time that could reasonably be expected to be required in order to achieve and demonstrate the level of attainment necessary for the award of a qualification.
3.2	The minimum of 54 teaching hours are must comprise: <ul style="list-style-type: none"> • Minimum 24 hours in-person teaching on the theory of Reiki for Animals and

	<p>immediate supervision of at least practical exercises and</p> <ul style="list-style-type: none"> • Minimum 30 hours on 'Understanding Animals' which may be distant learning or in-person but must be supported by adequate practical application to show proficiency. <p>The training should be conducted by a tutor suitably qualified as a Reiki Practitioner and Teacher for Animals and if desired a veterinary or animal care trained teacher for the Understanding Animals' aspects, and where distant learning is accepted, by suitable training resources.</p> <p>For Reiki Practitioners with reasonable experience of working with animals but not formally trained or adequately trained in Reiki for Animals: After understanding the student's knowledge, skill and experience the necessary 'top-up' training can be identified</p> <p>For Reiki Practitioners proficient in working with animals and understanding them, with a good level of proficiency and experience but needs verification for a certificate to be offered: Assessment against the guidelines and then formal assessment including practical treatments may be all this is required.</p>
3.4	The overall period of training would typically be expected to take place over a minimum of 6 months but it will vary depending upon the Practitioner's expertise, confidence, knowledge and skills that are applied effectively when working with animals and their owners/ carer as necessary for optimum results. There is no absolute minimum.
3.5	Learning hours must include 75 documented treatments to benefit animals, including up to 10 necessary related treatments on the respective animal's owner/ carer as appropriate. Additionally, it is important to continue self-treatments and/ or to receive treatments from others to a total of 100 hours in the past year .
4 CASE STUDY REQUIREMENTS	
4.1	A minimum 40 treatments must be provided as case studies, across at least 10 animals. These case studies can form part of the 75 treatments required overall. The written up case studies must provide evidence of
a)	Confidence in the practical aspects of giving Reiki treatments to animals
b)	Ability to behave in a professional manner, including keeping adequate records
c)	Understanding of any safety issues including conditions which require particular care in treating
d)	treating
e)	An understanding of Reiki treatments as a process rather than one off event
f)	An understanding of the holistic nature of Reiki treatment
g)	An understanding of the animals species/ types you are likely to professionally treat
h)	Self reflection to develop learning.
5 OVERALL RATIO OF THEORY AND PRACTICE	
5.1	Approx 20% theory and 80% practical.
6 CREDIT VALUE - ???	
6.1	???
7 ASSESSMENT	
7.1	The assessment should evidence clear understanding of all the required learning outcomes outlined in this document and be conducted by the tutor and consist of the following.
a)	Case studies
b)	Written assessment set by Reiki Council or the respective Professional Organisation

c)	Observed treatment procedure as outlined by Reiki Council or the respective Professional Organisation <ul style="list-style-type: none"> - Ongoing observation of practice and application during teaching sessions - Final Practical Assessment by a minimum of one independent assessor who is occupationally competent (two are recommended) - see 8.1(a).
7.2	Summative Assessment
	The summative assessment must include the written work, in addition to practical work. A sample of the overall submissions should also have been additionally assessed by an independent assessor - see 8.1(a).
8 ASSESSORS	
8.1	Assessment requirements
	A practitioner will be required to supply the following information to the respective professional association.
8.2	Part One: Case studies (40 treatments) as above
8.3	Part Two: Practical Assessment of skills - applicant to give a Reiki treatment to, or in the presence of, an occupationally competent 'Observer' who is not known to the practitioner. Observer will provide structured feedback which will form part of the assessment evidence. It must assess: <ul style="list-style-type: none"> (i) Confidence with animals (ii) Ability to safely work with and handle animals (iii) Ability to effectively apply appropriate Reiki skills/ techniques (iv) Professional approach, communications and treatments notes.
9.4	Part Three: Hand written responses to a series of questions to test the applicant's compliance with the National Occupational Standards (NOS) and Core Curriculum for 'Reiki for Animals'.
9.5	Part four: Evidence of suitable training/ experience relating to Animal understanding including animal behaviour and body language.