

Starting out as a Reiki for Animals Practitioner

This info sheet will help you get started treating animals you know personally or animals of people you know personally. If you are planning to receive payment from the general public it is advisable to follow the Reiki Council Foundation Practitioner guidelines.

Basics you need

Insurance – if you are a member of the Reiki Association you can get a discounted rate from Balens.co.uk just quote your membership number, also ensure that you inform them that your requirements include insurance for giving Reiki to animals.

Comfortable clothing – as giving reiki to animals can involve standing in draughty stables, sitting on kennel floors or just sitting on the floor in someone's house it is essential that you wear clothing that will keep you warm and comfortable during a treatment. A personal cushion, fleece rug/blanket, kneeling pad etc can all help you to stay comfortable wherever you end up administering your reiki. Also be cautious about wearing strong smelling perfume as this can have a negative effect on some animals due to a much sharper sense of smell.

Water – ensure there is water available for the animals and yourself (there may not be human drinkable water on site).

Timer – have a watch or timer with you to ensure you do not overrun your allotted time and to help give you structure.

Personal Health – ensure you are well yourself. Do not treat if you have colds/flu, back pain or headache. Also be aware that often when giving animals reiki you end up in some unusual and stretched positions whether standing or sitting and this can be quite taxing on joints and muscles.

Risk Assessment – it is important to do your own risk assessment of the space in which you will be giving Reiki. Do you know where the exits are if you need to leave quickly? Can you operate the door system (important in stable/barns and kennels)? Do you and the animal have enough space to remain comfortable - remember you may be a stranger to the animal and they may feel a need to move away from you? Does the owner have third party insurance- important when dealing with large animals?

Case History – the details you take should include vet's contact details and any behavioural trait that you need to know to stay safe – tendency to bite, kick, scratch when touched in specific places. Also ensure you make a note of the reason you have been requested to give Reiki. Ensure you inform the owner that these details are needed for insurance purposes and GDPR (data protection) and get permission for them to be kept. You must keep all records in a locked box.

Knowledge of the species that you are going to treat. **Although you have the necessary reiki skills, it is the skills of being around equine/canines etc that will keep you safe, able to read their body language, determine if they are giving permission, are anxious, stressed etc, requesting reiki to specific places etc.**

Due to the third-party nature of Reiki with Animals we as practitioners leave ourselves open to a much higher level of scrutiny than giving Reiki to individual consenting humans. An owner/guardian is always the one requesting the service and therefore it is important for credibility that the Reiki practitioner be seen to have basic behavioural knowledge of the animals they may wish to treat, this is paramount when entering in the professional animal world such as commercial kennels, stables, welfare organisations who will expect a level of competence from complementary health

professionals. For Reiki to be accepted by mainstream animal health professionals we need to be adhering to the same standards as our complementary health counterparts, e.g. if you have no equine experience it is ill advised to offer to give hands on reiki to someone's horse.

Communication and relationship with owners – often being good with animals means that we aren't so good with people. It is important that you have excellent communication skills to build a working relationship with an animal's owner/keeper. One of the most important areas is the obtaining of permission. Both animal and owner need to give their permission for you to give Reiki. While this may seem obvious it can be a grey area if you come across an animal in distress which you feel that you would like to help. If this is a wild animal that is fine but if it is domesticated you still need to gain the permission of the owner.

Timing and Procedure – ensure that the owner understands how long the session may last, what you will do and what they may see. Be clear about what you expect from the owner in terms of proximity to the animal, handling assistance etc. Also inform them of what they may see in their animal's post session, i.e. sleepy, thirsty etc.

Cost – If you are charging ensure that the owner understands what the cost is prior to the session.

Feedback – the safest feedback is to state facts and what you felt and observed. **Do not diagnose** – this includes mentioning specific body parts.

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