

Continuing Professional Development

If you are practising Reiki publicly you need to comply with national occupational standards and best practice. This means keeping evidence that you are continuing to develop professionally.

This means demonstrating you are keeping up with changes and developments in your Reiki and in the law as it may relate to it.

This is called CPD or continuing professional development.

All Reiki Practitioners practising publicly commit to undertake CPD.

Hours per year

The Reiki Council advise a minimum of 12 hours per year of which a minimum of 6 are specific to Reiki.

A wide variety of activities may be considered as being CPD, examples are below:

| Educational/Formal | Professional activity |
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| <ul style="list-style-type: none"> ○ Attending Conferences/Trade shows/ Seminars/ AGM/ Local Event ○ Attending Courses/Workshops (assessed and/or non assessed) ○ Developing and/or delivering new Reiki Courses / Workshops* ○ Distance learning (not initial training in Reiki) ○ Gaining additional qualifications | <ul style="list-style-type: none"> ○ Attendance at branch meetings/Reiki Share groups ○ Assessor or Examiner* ○ Contribution at Conferences/ Trade shows/ Seminars/ AGM/ Local Event ○ Contribution to professional association activities * ○ Mentoring ○ Organising Conference/Trade Show/Seminar/ AGM/ Local Event/Courses * ○ Presentation at conferences* ○ Representing a professional body on committees/boards/executives ○ Teaching/lecturing* |

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| <p>relevant to the Reiki practice</p> <ul style="list-style-type: none"> ○ Planning or running a course* ○ Research – participating in/ contributing to/ publication of papers ○ Submission of articles/papers | |
| <p>Self-directed learning</p> | <p>Work based learning</p> |
| <ul style="list-style-type: none"> ○ Creating and/or Implementing a Business/Marketing Plan ○ Keeping abreast of changes in legislation which affect the Practitioner ○ Practitioner exchange ○ Publication of Book ○ Publication of Case Histories/Case Series ○ Publication of report submitted to Professional Association ○ Reading journals/articles ○ Reflective practice ○ Review of books/articles | <ul style="list-style-type: none"> ○ Attending Meetings ○ Audit of Clients/practice ○ Coaching from others ○ Discussion with colleagues ○ Gaining and learning from experience ○ In service training ○ Involvement in wider work (eg representative on a committee) ○ Learning activities undertaken as part of work progression within organisation ○ Maintaining and/developing specialist skills ○ Member of a specialist interest group ○ Peer review ○ Project work/management ○ Secondment ○ Shadowing ○ Supervising/ Mentoring/ Buddying |

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| <ul style="list-style-type: none"> ○ Updating knowledge via media | |
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*** CPD does not include any activity which the Professional Reiki Practitioner does as part of their main employment or job role and examples are given of some of these in Appendix 1.**

Work you have produced also counts as CPD. Below are some examples

Action Plans

Advertising and marketing materials

Articles produced for publication

- Book/article reviews
- Business plan
- Case histories
- Course assignments
- Discussion documents
- Documents relating to national or local processes (eg schemes for peer review, mentorship or clinical supervision)
- Information leaflets
- Instruction or procedural documents for use by others
- Job applications
- Letters
- Policy or position statement
- Presentation materials
- Recording documentation within your practice
- Reports (e.g. on project work, clinical audit, reviews of activity etc)
- Research papers/proposals/funding applications, ethical approval application
- User/student notes

Material acquired from others

- Course and attendance certificates
- Documentation from professional body or interest group confirming contribution made

- Letters from clients, carers, students or colleagues
- Minutes of meetings where you have attended and/or made contribution to discussion
- Testimonials

Things that show how you have, reflected, evaluated and planned your development

- Documentation arising from appraisal, clinical supervision, job evaluation, compliance with locally implemented competence frameworks
- Documentation from compliance with local or national CPD schemes
- Documented and approved claims for academic credit for prior or experiential learning
- Evaluation of courses/conferences attended
- Personal development plans
- Review of book/papers/articles read

Who benefits?

You continue to gain knowledge, understanding, experience, confidence, satisfaction and enthusiasm, which serves to support their development within the Reiki and wider healthcare communities.

- The identity and reputation of Reiki is enhanced by the practitioner's commitment to CPD, and respect with the public is increased, which in turn assists the process of Voluntary Self-Regulation (VSR).
- Professional Reiki Practitioners who meet their CPD requirements will be better placed to offer their clients the best possible care.
- Professional Reiki Practitioners will also be able to demonstrate their commitment to maintaining and extending their knowledge and competence in the interests of clients.
- CPD provides documented evidence of their commitment to their chosen profession and of their continued competence
- Anticipates change whilst not being driven by it
- Ensures best practice

The organisation

- Ensuring that professionals are capable, competent and well trained contributes to organisational goals and service provision.

The Profession

- Increasingly, professional bodies are being required to demonstrate that their members are taking a systematic approach to CPD – in order to maintain standards of professional practice

The Public

- Are reassured that Professional Reiki Practitioners maintain and develop their skills and knowledge on an ongoing basis, giving them confidence in the service.

Professional Practitioners need to ensure they have the skills and training to practise safely. For example, this may include reviewing or adapting their practice where any factor (e.g. their health, a disability or anything else) may affect their practice of Reiki.

When would the Professional Reiki Practitioner need to provide evidence of CPD?

It is up to you to keep records and state that you have fulfilled the number of hours required. However, evidence of CPD activity, may be required periodically by a Professional Association, CNHC or employer.

Conclusion

CPD is useful for the practitioner individually, when applying for employment.

CPD is useful to reassure clients, that the Practitioner is committed to giving best practice.

CPD is also a quick evidence based assurance for professional bodies when auditing members.

Information based on the CPD document originally produced by the Reiki Regulatory Working Group in the creation of formal regulation for the public practice of Reiki.