



www.reikitrainingprogram.com

Insight Reiki® Class Outline

1. Check-in/Overview of day.
2. Introduction to Reiki and energy work
3. Basics of Reiki practice, meditation and application
4. International Association of Reiki Practitioners Code of Ethics:
A model for all levels of practitioner
(30 min break)
5. Historical background to body/mind therapies:
Existential and Developmental Psychology and Process Work.
6. Literature review and scientific findings
7. Basics of Insight Reiki.
8. Basic body scan-use in trauma related disorders and anxiety
9. Working with polarities: dealing with depression and grief
(15 min break)
10. Working with edges/enlargements-integrating energies of fear.
11. How following the lead of the client permits other levels
of marginalized material to emerge.
12. Use of Insight Reiki® Guided Meditation CD for practice.
13. Boundaries/transference issues with Insight Reiki®.
14. Demonstration of Insight Reiki® technique.
(15 min break)
15. Practice with students on Insight Reiki technique.
16. Discussion/Feedback/Observations.
17. Suggestions for Continued Practice/Resources.

Insight Reiki® Class Objectives

Students of Insight Reiki® will be able to:

- Describe the origin and history of Reiki and Insight Reiki®,
- Explain how Reiki influences mental, emotional and physical health and be able to describe what to expect during and after a Reiki treatment.
- Learn how to foster a non-judgmental, compassionate approach toward oneself and one's experiences in the practice of Reiki and Insight Reiki®.
- Understand and agree to the Code of Ethics of the International Association of Reiki Practitioners in the practice of Reiki/Insight Reiki®.
- Explain several of the historical backgrounds and scientific studies of integrative psychotherapies
- Learn how to integrate Insight Reiki® as part of their treatment plan in working with a client with a history of trauma, anxiety, depression and/or grief.
- Develop awareness and ability to move through fear and be able to teach this practice to their clients.