

# STOCKTON UNIVERSITY | SCHOOL OF HEALTH SCIENCES

*Reiki: A Complementary Health Modality used with OT and PT  
Level I Certificate Provided*

**Presented by Rebecca Austill-Clausen, MS, OTR/L, FAOTA**

**September 15, 2018, 9-4:30 pm**

*Stockton University Main Campus, TRLC Building*

- 8:55-9:00 Reiki Pre/Post Research Questionnaire (participants can complete before workshop starts)
- 9:00-9:05 Overview of Day, Speaker Introduction and Contact Information; Review of Handout Packet, Clarification that Presentation Is Interactive and Questions Are Welcome Throughout Workshop
- 9:05-9:10 Sound Healing Meditation with Free Notes Musical Instrument
- 9:10-9:20 History of the Use of Reiki and Complementary Modalities in PT and OT
- 9:20-9:25 Definition of Reiki
- 9:25-9:45 Energy, Energy Healing, and Quantum Physics
- 9:45-9:50 Reiki Methods and Levels of Reiki Training
- 9:50-10:00 Reiki Philosophy and History Highlighting Dr. Mikao Usui, Founder of Usui Reiki Ryoho
- 10:00-10:10 Five Major Reiki Principles
- 10:10-10:15 Reiki Energy's Relationship to Human's Anatomy and Physiology
- 10:15-10:25 Reiki Research
- 10:25-10:30 Hand Positions for Self-Healing and Use with Clients
  
- 10:30-10:45 Break
  
- 10:45-10:50 Sound Healing Meditation with the Hang Percussion Instrument
- 10:50-11:20 Reiki Self Healing including experiential practice; The Use of Reiki for Physical Therapy and Occupational Therapy Clients including Specific Diagnoses, Treatment Techniques, and Client Empowerment
- 11:20-11:30 Implementation of a Reiki Program in Medical, Health-Care, and Community-Based Settings; Medical Certification in Reiki; Marketing; Equipment; Documentation
- 11:30-11:40 Ethics; Cultural Sensitivities; Reiki as a Spiritual Practice and not a Religious Practice; Client Boundaries
- 11:40-11:45 Working with Nursing's new 2017 Diagnosis: Energy Field Imbalance
- 11:45-12:00 Reiki and PT/OT References, Resources, and Networking Avenues
- 12:00-12:15 Review of Reiki Attunement Process; Questions and Answers
  
- 12:15-1:15 Lunch: Encouragement to Eat "Healthy"
  
- 1:15-1:20 Sound Healing with Crystal Singing Bowls Vibrational Meditation
- 1:20-2:00 Individual Attunement to Reiki Energy; Self-Healing; Quiet Discussions; Review Resources; Individual Bathroom Breaks
- 2:00-2:15 Full Group Reiki Share (sharing thoughts and experiences with entire group); Energy Discussion; Using Reiki with Clients

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(Agenda Continued)

- 2:15-2:25 Choose One Partner to Give/Receive Reiki;  
Speaker Demonstration: Providing Reiki to Client in Sitting Position w/and without Wheelchair, and Prone/Supine Positions
- 2:25-2:45 7 Minutes of Providing Reiki to Partner, then 3 Minutes Sharing Between Partners; Switch Roles: Person Receiving Reiki Now Gives Reiki to Same Partner for 7 Minutes, then 3 Minutes Sharing Between Partners
- 2:45-2:50 Full Group Reiki Share including Discussing Use of Reiki with Clients
- 2:50-3:06 Change Partners: Repeat Above Cycle with Totally New Partner; 5 Minutes Reiki w/Each Partner, 3 Minutes Sharing Between Each Partner
- 3:06-3:10 Full Group Reiki Share including Discussing Use of Reiki with Clients
- 3:10-3:25 Break
- 3:25-3:30 Freenotes Sound Healing Experience
- 3:30-3:46 Change Partners: Repeat Above Cycle with Totally New Partner; 5 Minutes Reiki w/Each Partner, 3 Minutes Sharing Between Each Partner
- 3:46-3:51 Full Group Reiki Share including Discussing Use of Reiki with Clients
- 3:51-4:01 Change Partners: Repeat Above Cycle with Totally New Partner; 3 Minutes Reiki w/Each Partner, 2 Minutes Sharing Between Each Partner
- 4:01-4:06 Full Group Reiki Share including Discussing Use Of Reiki with Clients
- 4:06-4:12 Change Partners for Final Time: Repeat Above Cycle with Totally New Partner, Quick 1 Minute Reiki Scan w/Each Partner, 2 Minutes Sharing Between Each Partner
- 4:12-4:25 Move Into One Large Circle; Final Full Group Reiki Share;  
Sharing Oneness, Reiki Experiences & Therapist Community Empowerment;  
Reiki Shower Technique; Flower and Crystal Ceremony;  
Grounding Exercise; Speaker Thanks Everyone for Attending  
Receive Reiki Level I Certificate
- 4:25-4:30 Completion of (Pre)/Post Reiki Research Questionnaire and Evaluation

## Contact Hours

Lecture, Practice Sessions: 6.0

There will be two 15 min breaks and one 1-hour break during this course