

# STOCKTON UNIVERSITY | SCHOOL OF HEALTH SCIENCES

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

**Presented by Rebecca Austill-Clausen, MS, OTR/L, FAOTA, Reiki Master Teacher  
for  
Stockton University Continuing Education Program  
on March 23, 2019, 9:00-4:30 pm**

- 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, Confirmation That All Attendees Have Received Certificate Level Training in Reiki Level I
- 9:05-9:10 Sound Healing Meditation with Free Notes Vibrational Instrument
- 9:10-9:15 Historical Use of Reiki and Complementary Modalities in PT and OT
- 9:15-9:20 Diagnostic Treatment Categories That Benefit from Reiki
- 9:20-9:30 Interactive Discussion By All Attendees About Their Reiki Use, Methodology, and Clinical Treatment Sites
- 9:30-9:45 Evidence-Based Reiki Research Analysis at Multiple Medical Facilities including 8,000 Person Reiki Research Study at Columbia/HCA Portsmouth Regional Hospital, NH
- 9:45-9:50 Physiological and Anatomical Explanation for Reiki Bioenergetics
- 9:50-10:00 Scientific Causality of Pain and Reiki Treatment
- 10:00-10:10 Advanced Diagnostic and Treatment Exploration Using Reiki
- 10:10-10:30 Advanced Diagnostic Laboratory Techniques with Partner: Scanning, Beaming, Smoothing, Cleansing
  
- 10:30-10:45 Break
  
- 10:45-10:50 Sound Healing Meditation with Crystal Singing Bowls
- 10:50-11:05 Integration of Reiki Symbology with Treatment
- 11:05-11:15 Exploration of Crystalline Energetic Principles and Human Physiology
- 11:15-11:20 Circle of Chi
- 11:20-11:45 Advanced Treatment Laboratory Techniques with New Partner: Reiki Symbology and Medicinal Crystalline Energy
- 11:45-12:00 Full Group Reiki Share (sharing thoughts and experiences with entire group); Combining Advanced Diagnostic and Treatment Techniques; Using Reiki with Clients
  
- 12:00-1:00 Lunch: Encouragement to Eat "Healthy"
  
- 1:00-1:05 Sound Healing Meditation with the Hang Vibrational Percussion Instrument
- 1:05-1:15 Scientific Analysis of Long Distance Energy and Validating Research
- 1:15-1:25 Intentionality and Rehabilitation

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(Agenda Continued)

- 1:25-1:35 Clinical Intuition versus Ego, Client Training and Empowerment, Cultural and Ethical Explorations
- 1:35-1:50 Advanced Laboratory Long Distance Reiki Scientific Techniques
- 1:50-2:00 Full Group Reiki Share
- 2:00-2:10 Physiological Implications and Etheric Factors of Vibrational Healing
- 2:10-2:15 Integration of Reiki Symbology, Crystalline, Long Distance, and Etheric Factors to Facilitate Neural Pathway Transmission and Rehabilitation
  
- 2:15-2:30 Break
  
- 2:30-2:35 Sound Healing with Free Notes Vibrational Instrument
- 2:35-2:45 Extensive Reiki References and Resources
- 2:45-3:01 Advanced Laboratory Diagnostic and Treatment Integration Techniques with New Partner: 5 Minutes Reiki w/Each Partner, 3 Minutes Sharing Between Each Partner
- 3:01-3:10 Full Group Reiki Share on the Use of Advanced Techniques with Clients
- 3:10-3:26 Change Partners: Repeat Above Cycle with New Partner; 5 Minutes Reiki w/Each Partner, 3 Minutes Sharing Between Each Partner
- 3:26-3:35 Full Group Reiki Share including Discussing Use of Reiki with Clients
- 3:35-3:45 Change Partners: Repeat Above Cycle with Totally New Partner; 3 Minutes Reiki w/Each Partner, 2 Minutes Sharing Between Each Partner
- 3:45-4:00 Full Group Reiki Share Combining Advanced Diagnostic and Treatment Laboratory Techniques
- 4:00-4:10 Implementation Procedures for Expanding Reiki Use in Attendees Medical Settings
- 4:10-4:25 Move Into One Large Circle; Final Full Group Reiki Share; Consolidation of Basic and Advanced Reiki Diagnostic and Treatment Techniques and Resources; Therapist Empowerment; Reiki Shower Technique; Flower and Crystal Ceremony; Grounding Exercise; Speaker Thanks Everyone for Attending; Attendees Receive Reiki Level II 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